



Hello Parents/Carers

Please find a month's worth of quick, fun and easy P.E. activities for you to have a go at in your homes or in the local area. Although the slides are broken down into one slide per day, feel free to adapt them. The slides are daily but you could do a couple of activities each day if you wish. You could focus on the activities you find easiest or that the children enjoy the most.

There are fun activities like: charades and advice on how much sleep we need. We hope you find this useful, your family get even more active and most of all, we hope you have fun.



Active at Home

A timetable of PE Home Learning Activities to take part in throughout February! #ActiveatHome

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

This resource is a one-stop shop for parents who would like to take part in one activity per day with their child, the days are split between a skill development followed by a 60 second challenge.

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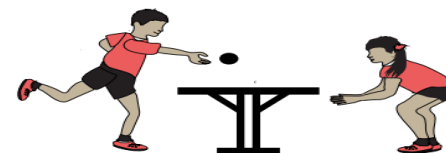
PE Home Learning Table Tennis



Table Tennis PE Home Learning

Time to Learn:

- Use a table (outside or inside) and books or cups to create a net.
- Using a small ball or rolled piece of paper, can you hit the ball/piece of paper, using your hand over the net and land it on your opponents side?
- If you are using a ball, it can not bounce more than once, if you are using a piece of rolled up paper it is not allowed to bounce.
- The first player to score ten points is the winner.



Can you play fairly and keep the score?



Play on your own and throw the ball against a wall. Let it bounce once and then catch it.



Play for five minutes. The player with the most at the end is the winner.



Have a competition! Create a league table and play against different family members.

Top Tips

- Strike the ball low to high
- Use the palm of your hand and hit the ball from underneath, pushing it up over the net low to high.

Let's Reflect

How were you able to hit the ball with your hand after one bounce?
How did you feel when you kept the ball going in a rally?



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60 Second Challenge Step Ups



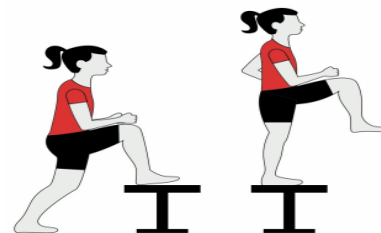
Step Ups 60 Second Challenge

Can you focus, concentrating on the step?

How many times can you step up and down a step in 60 seconds?



You must step up and down with one foot at a time. No jumping!



You need a step!

If you do not have a step use a foot pouffe or a stool.

Increase the number of steps!

Make it harder by stepping up and down two steps (stairs).



Compete as a family.

Adapt the challenge depending who is playing! You could step in and out of a circle.

Achieve Gold

60 step ups



Achieve Silver

45 step ups



Achieve Bronze

30 step ups





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PE Home Learning Move to the Beat



Move to the Beat PE Home Learning

Time to Learn:

- Play some music and on the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?

Can you keep trying to clap in time to the beat, even if you find it difficult?



Use slower pieces of music.
As you get more confident try faster pieces of music.



Use faster pieces of music.
You will have to really focus so you can still move to the beat.



Create your own sequence of movements and share them with another family member.

Top Tips

Listen for a beat

- When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

Let's Reflect

What different movement ideas did you come up with?
Could you concentrate and move in time to the beat?



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60 Second Challenge Hopscotch in a Hurry



Move to the Beat PE Home Learning

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PE Home Learning Rolling Penalties



Rolling Penalties PE Home Learning

Time to Learn:

- With a partner, set up a goal using two markers.
- Player one starts five steps away from the goal. Player two starts in goal.
- Player one rolls the ball towards the goal trying to roll the ball past player two.
- Can player two prevent the ball going past them? Can player one score?
- Players score a point each time they score a goal. Have five goes each and swap.
- The first to score five points is the winner.

Can you keep the score and be honest?



If you are playing on your own, create a small goal with a teddy as a goalkeeper. How many times can you score?

Try different ways of sending the ball; throwing, kicking or bouncing. Make sure you are in a safe space!

Have a 'penalty shootout' Play against different family members. If you lose you are eliminated!

Top Tips

Rolling and Saving

- Saving: Look up, concentrate on the ball, be on your toes.
- Rolling: Use an underarm technique and concentrate on where to aim.

Let's Reflect

How did you feel when your roll was stopped?
How did you concentrate on the target to score a point?

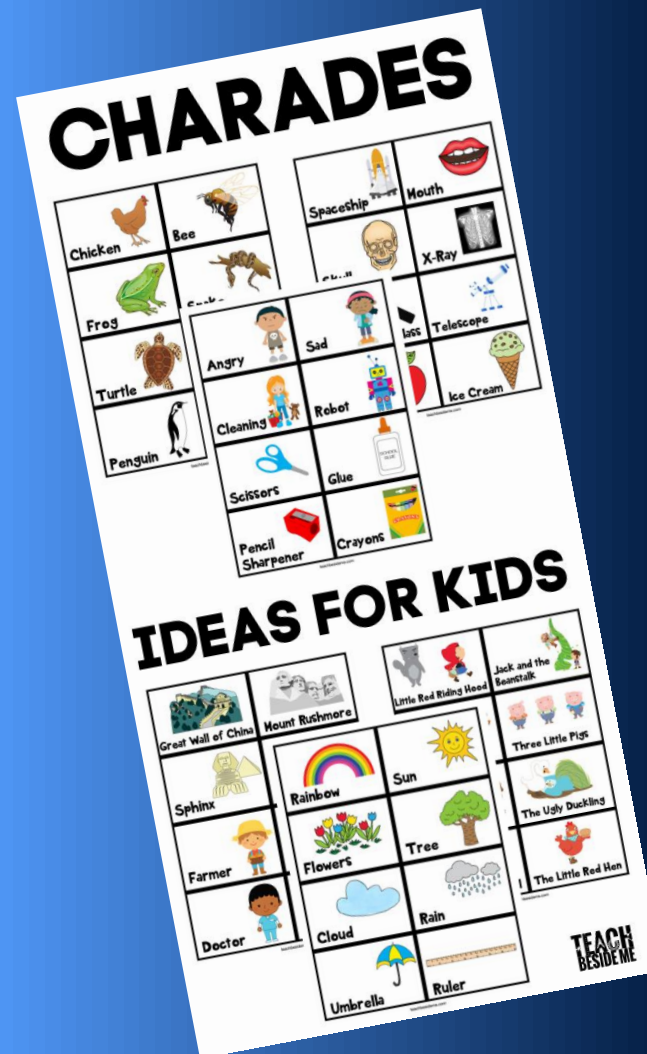


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Keep Active
Play charades



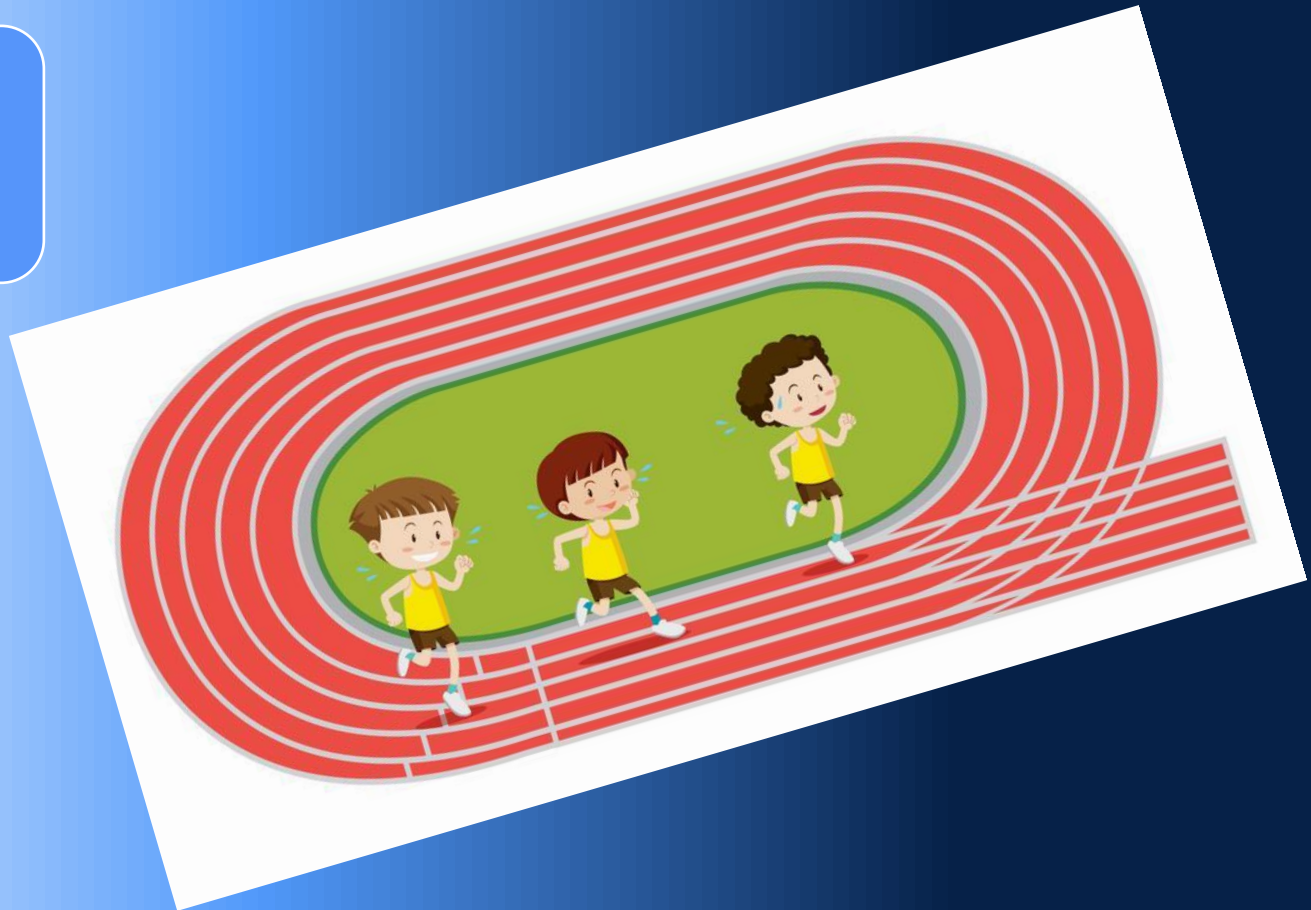


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Keep Active
Have a running race





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PE Home Learning Avoid the Defenders



Avoid the Defenders PE Home Learning

Time to Learn:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the defenders.
- Can you dribble using your feet, from the starting point, around the marker and back avoiding the defenders?
- If you dribble around the markers and back you score one point. If you hit a defender they score one point. The first to score five points are the winners.



Start with three defenders.
Only add more defenders when you find the activity easy.

How many points can you score?
Every time you hit a defender take a point off.

Play against someone else.
Who can score the most points after three minutes?

Top Tips

Dribbling: Feet

- Keep the ball close to you, use small touches.
- Try to use the inside and outside of you foot to keep control.

Let's Reflect

Why did you need to keep the ball close to you?
What did you learn after each run through to help with the next dribble?



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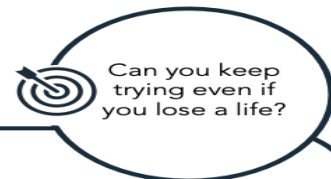
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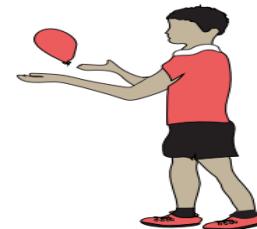
60 Second Challenge Air Balloon



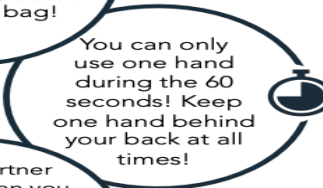
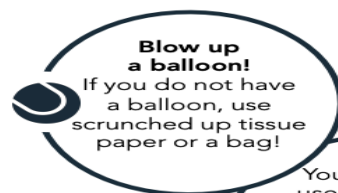
Air Balloon 60 Second Challenge



Can you keep the balloon up in the air for 60 seconds?



Pupil's start with ten lives. If the balloon touches the floor you lose a life. The more lives you lose the lower your score.



Achieve Gold
Lose **0** lives



Achieve Silver
Lose **1** life



Achieve Bronze
Lose **2** lives





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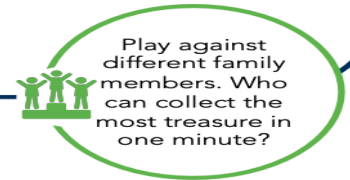
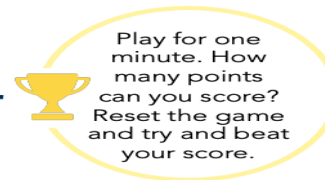
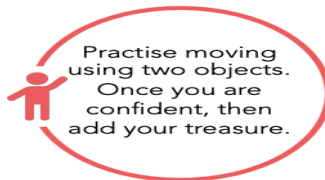
PE Home Learning Save the Treasure



Save the Treasure PE Home Learning

Time to Learn:

- Agree a starting point. Spread treasure across the floor. Use toys and socks as treasure.
- Using two objects can you move without touching the floor? Picking up the treasure and returning it to your starting point.
- If you touch the floor you must drop the treasure and start again.
- Create a scoring system so that toys = one point and socks = two points. How many points can you score?



Top Tips

Do not carry too much treasure in one go!

- If you carry too much treasure then you risk falling and losing your treasure.

Let's Reflect

What tactic did you use to collect the treasure?
How did you use your two objects to move around safely and efficiently?



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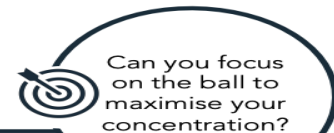
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Catch and Clap 60 Second Challenge



Catch and Clap 60 Second Challenge



How many times can you throw a ball up, clap once and catch it in 60 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



Throw and catch a ball
If you do not have a ball, use a toilet roll or a rolled up pair of socks.

Don't drop it!
Each time you drop the ball take five seconds off your time!



Play with a partner!
Throw, clap and catch in pairs. Can you achieve a medal with your partner?

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps





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PE Home Learning Balance Time

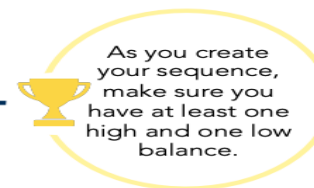
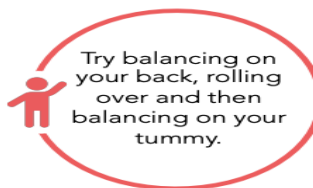


Balance Time PE Home Learning



Time to Learn:

- How many different body parts can you balance on?
- Can you balance on your back and tummy? What do you do with your arms and legs?
- Can you balance on your hands and feet? Can you lift one hand or leg off the floor?
- Choose your favourite three balances.
- Can you add them together to make a sequence. Perform your sequence to someone else. What do they think?



Top Tips

Be Still!

- All balances must be held completely still for at least four seconds. Make your balances excellent by pointing your fingers and toes.

Let's Reflect

Can you hold your balances still?
Did you try a variety of ways of putting your sequence together?



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Keep Active
Play bowling





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Keep Active

Create a dance routine





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Keep Active
Play musical statues





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Keep Active
Invent a new game





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PE Home Learning Race Across the River



Race across the River PE Home Learning

Time to Learn:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- It's a race! The winner is the first person to cross the river without falling in and touching the floor. If you do touch the floor, you have to start again.



Can you play fairly and keep the score?



Cross a smaller river to start with!

Once you feel confident increase the size of your river to cross.



Challenge yourself!

How many times can you cross the river back and forth in three minutes?



Place treasure in the river (toys). Each piece of treasure is worth one point. Who can score the most points?

Top Tips

Place the Pillows

- Place the pillows down on the floor. If you throw them, you may over stretch and fall in.

Let's Reflect

Who was the winner?
Why do you think they were able to win?

How did you feel when you crossed successfully?



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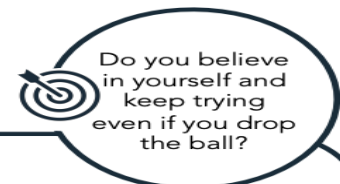
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60 Second Challenge Figure of 8



Figure of 8 60 Second Challenge



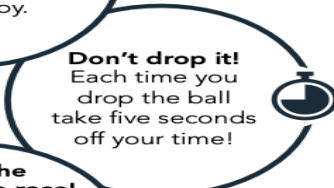
How many times can you pass a ball through both of your legs in 60 seconds?



If you drop the ball, pick it up quickly and carry on counting your score from where you left off.



Use a ball
If you do not have a ball, use a toilet roll or a cuddly toy.



Don't drop it!
Each time you drop the ball take five seconds off your time!



Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
40 times through your legs

Achieve Silver
30 times through your legs

Achieve Bronze
20 times through your legs



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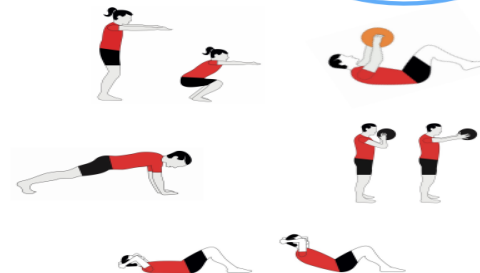
PE Home Learning Super Strength



Super Strength PE Home Learning

Time to Learn:

- Lay out five markers in a space around your area. These are your five strength circuit activities.
- **Station 1:** Perform ten squat jumps.
- **Station 2:** Perform ten lying ball lifts.
- **Station 3:** Perform ten push outs.
- **Station 4:** Perform ten sit ups.
- **Station 5:** Perform ten box press ups.
- How many times can you repeat the circuit?



Can you try your hardest on each station and ensure you do not give up?

Perform five 'repetitions' on each station instead of ten.

Exercise for one minute at each station before moving to the next one.

Challenge other members of your family to complete the circuit with you.

Top Tips

Work Hard!

- By working hard we will improve our strength.
Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Let's Reflect

Do you understand why working hard will help improve the strength of your muscles?
Do you understand why it is important to be strong when playing sport?



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60 Second Challenge Step In, Step Out



Step In, Step Out 60 Second Challenge

Can you keep trying even when you want to give up?

How many times can you step in and step out of a circle in 60 seconds?



You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!



Mark out a circle

Using chalk mark out a circle on the floor.

Can you achieve a medal stepping in and stepping out of the hoop in different directions?



Race against someone!

Mark out two circles, who can step in and out of their circle the most amount of times?



Achieve Gold

55 step in, step outs



Achieve Silver

45 step in, step outs



Achieve Bronze

35 step in, step outs





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PE Home Learning Wacky Races



Wacky Races PE Home Learning

Time to Learn:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What was the quickest way of moving and what was the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Can you play fairly when racing someone else?



On your own, time yourself moving in different ways. What is your quickest way of moving?



Create your own 'Wacky Race' ideas. What different ways of moving can you come up with?



Have a 'Wacky Race' against different family members. Who is the quickest in your family?

Top Tips

Crawling

- Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.
How did it make you feel if you did not win a race?



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Keep Active
Learn a new sport





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zzz

Time for
a Rest

How much sleep should we
have per day for our bodies
to perform at their best?

