

Key Stage 1
(Year 1 & 2)
ACTIVE AT HOME

We all know the benefits of being physically active .

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most activities only take around 5-30 minutes to complete, so it can fit easily into the day.

Here are some ideas and resources we think you might find useful placed in a weekly activity timetable. You can adapt the timetable to suit your own needs!

If you have any further activities you recommend, please let us know and we can share them with everyone else.



Check out our social media channels and tag us in any of your activities

Facebook - @DurhamClsSSP
<https://www.facebook.com/DurhamClsSSP/>

Twitter - @DurhamCLS_SSP
https://twitter.com/DurhamCLS_SSP



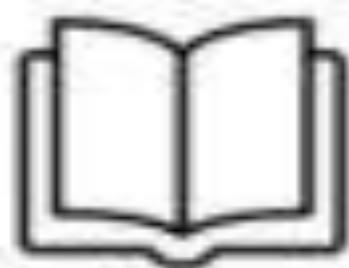
Durham & CLS School Games – Physical Activity Timetable

– Key Stage 1 (Year 1 & 2)



	MONDAY 1 st February	TUESDAY 2 nd February	WEDNESDAY 3 rd February	THURSDAY 4 th February	FRIDAY 5 th February
PHYSICAL ACTIVITY	Choose a LK Health & Wellbeing video to complete from our home resource page at Click here for Video	Choose a Gemma Zumba video to complete from our home resource page at Click her for Video	Complete the physical activity bingo sheet on slide 7. Don't forget to shout Bingo when you have completed all the tasks!	Cool catching. Using a ball or a pair of rolled up socks can you throw the ball above your head and catch it? How many times can you catch the ball/socks? Can you throw the ball up, clap and then catch it? Remember make a basket with your hands to catch the ball/socks!	Can you make up a physical activity and take part in it? Get someone at home to take part with you! Remember you know when you have been active if your heart is beating faster, your breathing is faster and deeper, and your head feels warm to touch! Good luck.
SCHOOL GAMES VALUES ACTIVITY	Self Belief Fill in the self belief activity sheet on slide 3 . Believing and knowing you are good at things gives you the self belief everyone need's to be successful in sport.	Passion Fill in the blank spaces on the activity sheet on slide 5 with words or pictures to show what passion in sport is.	Honesty Play the honesty dice game. See slide 8 for the rules.	Determination Can you take part in the building block challenge on slide 10. Show your determination to build the biggest tower.	Team Work Can you show good teamwork at home by working together to tidy up a room. Good teamwork is the best when you all have your own important roles in the task.
CHALLENGE ACTIVITY	Avoid the defenders. Follow the rules on slide 4 . Can you beat the defenders, challenge someone at home and try to beat their score!	Cross the river. Follow the rules on slide 6. Make sure you don't follow into that river!!!	Keep on the move! Can you keep going for 5 minutes? Follow the rules on slide 9.	Move to the beat. Can you keep in time to the music, choose your favourite song! Follow the rules on slide 11.	Ship Shaped. Can you hold the balances as still as possible? Follow the rules on slide 12.

My classmates say I'm great at...



I feel very happy when I...



Something that I'm really proud of is...





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.



Can you play fairly and keep the score?



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

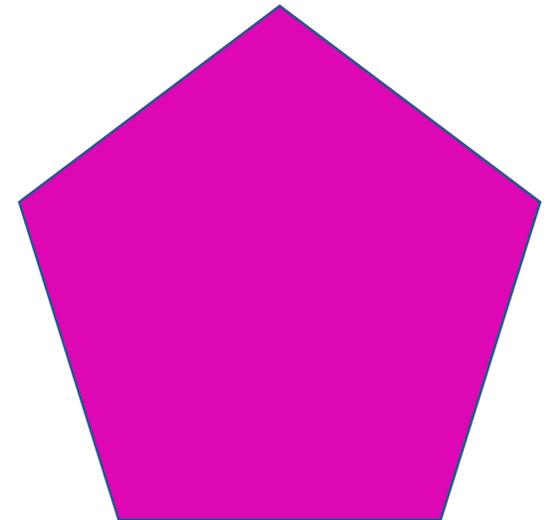
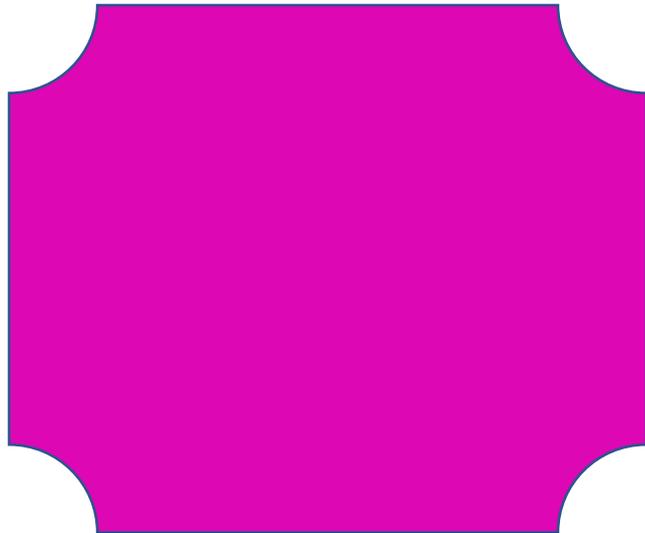
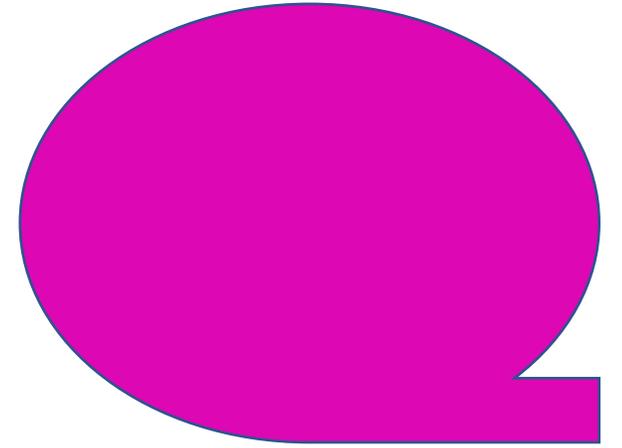
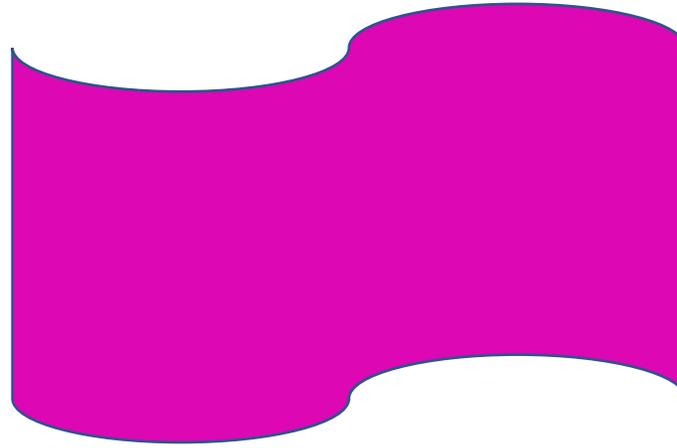
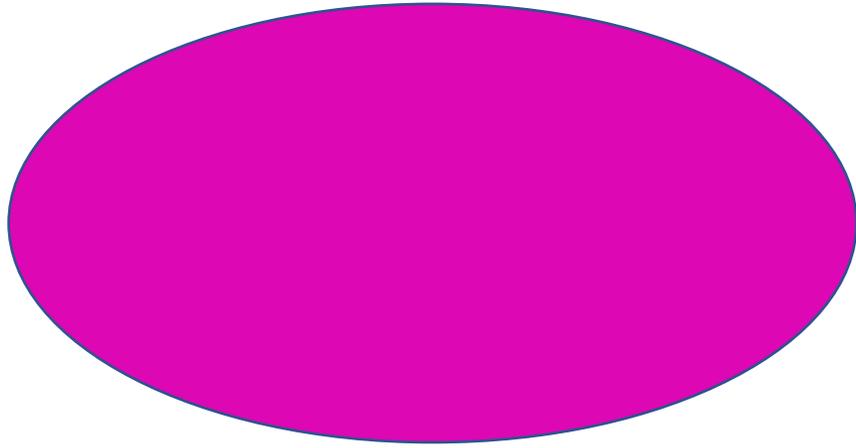
Dribbling: Feet

- Keep the ball close to you, use small touches.
- Try to use the inside and outside of your 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?

PASSION

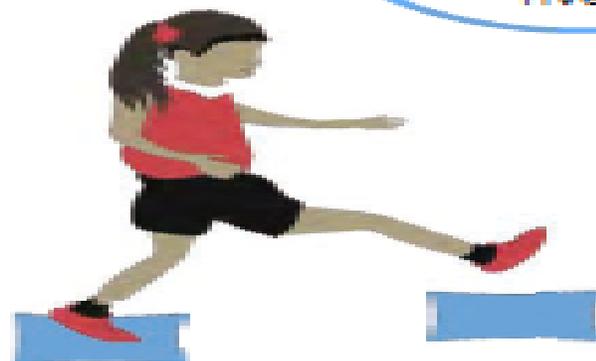




Cross the River PE Home Learning

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.
- Can you complete the challenge and cross the river with out touching the floor!



Can you keep trying and work out a method for successfully crossing the river?



Start with a smaller river to cross. Once you feel confident, increase the size of your river to cross.



Place obstacles in the river to move around. You must not touch them when crossing the river!



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

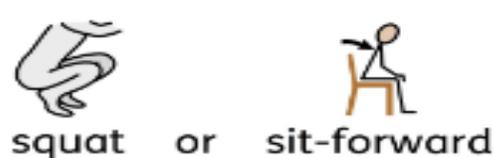
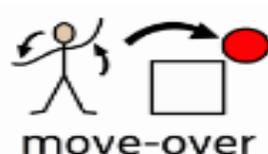
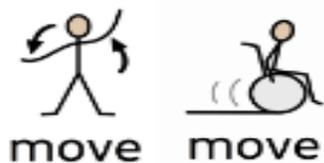
Top Tips

Place the Pillows

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

Let's Reflect

What was the best method for crossing the river?
How did you feel when you crossed successfully?



How to play:

- Once you complete a physical activity tick it off.
- If you are finding some of the activities hard, change them or have a rest and then continue.
- If you are finding the activities easier why not challenge yourself and think of ways to make them harder.
- When performing the activities make sure that you always try your hardest and have fun.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities

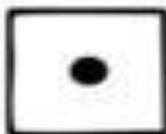


Achieve Bronze

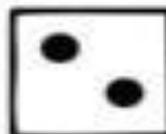
Complete three activities from the card



Honesty Dice Game Questions



One: Name one way that you have been honest.



Two: Name one situation when it would be difficult to be honest.



Three: Name one reason why it is important to be honest.



Four: Name one time that you have been dishonest.



Five: Name one way that others may view you if you are honest.



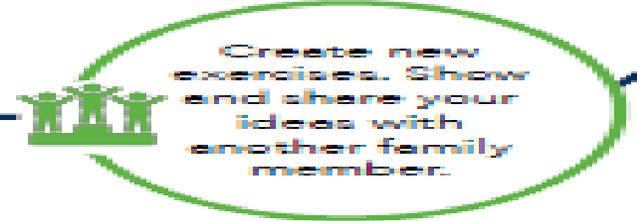
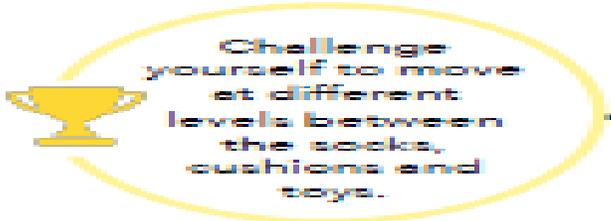
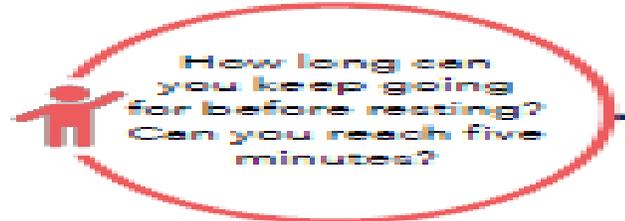
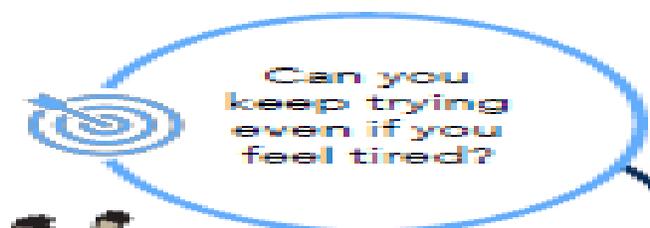
Six: Name one way that others may view you if you are dishonest.



Keep on the Move PE Home Learning

Time to Learn:

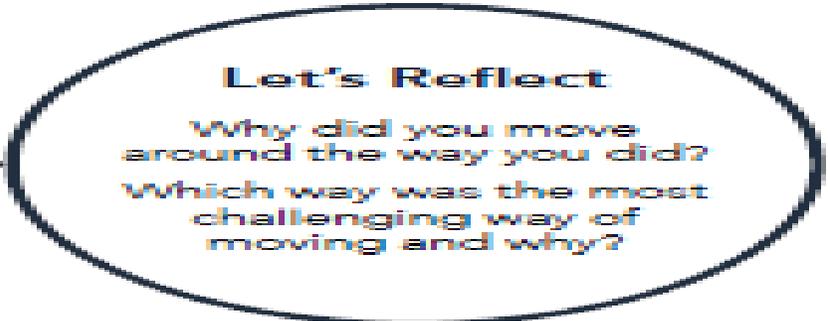
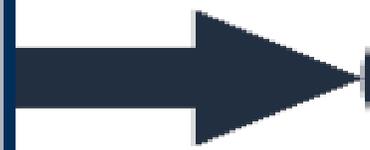
- Place three pairs of socks, three cushions and three toys in different places on the floor around your living space.
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump ten times. When a player reaches a cushion they hop ten times. When a player reaches a toy they jog on the spot and count up to ten.
- Can you work for five minutes before needing a rest?



Top Tips

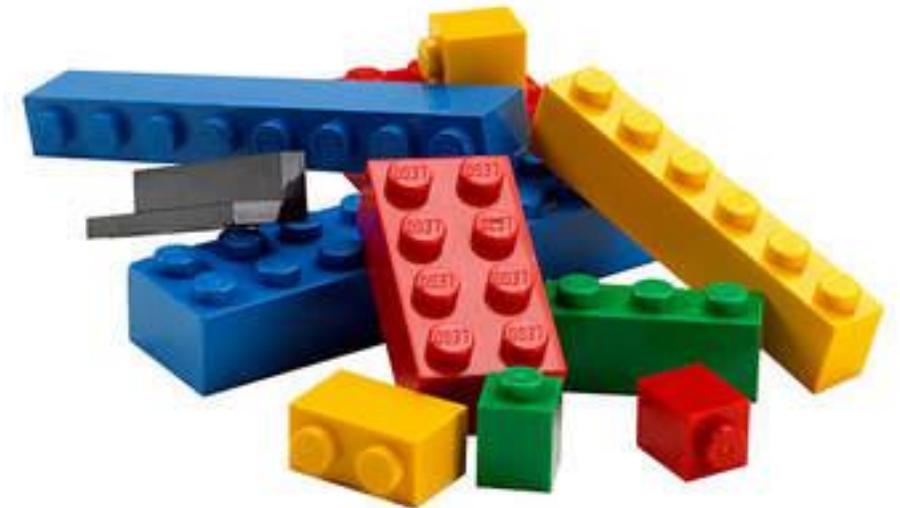
Breathing

- Make sure that you breathe in through your nose and out through your mouth when performing the activities.



DETERMINATION

Can you show determination by building the biggest tower you can, you could even make it a competition between you and someone at home!! You can use lego, building blocks, cuddly toys, cushions, etc.





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?



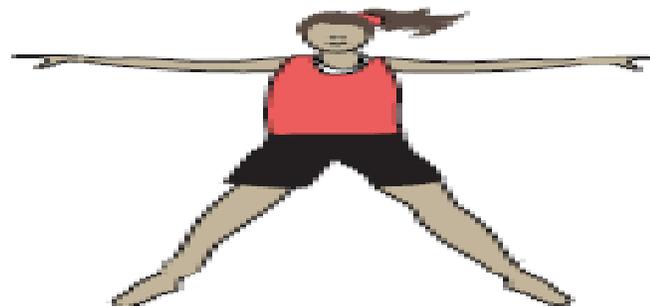
Ship Shape PE Home Learning

Time to Learn:

- Can you create the following balanced shapes?
- A 'wide' shape. Are you high or low, what body parts are you using?
- A 'curled' shape. Are you high or low, what body parts are you using?
- A 'narrow' shape. Are you high or low, what body parts are you using?
- Can you teach someone else all of your different balanced shapes?



Can you keep trying to improve your own performance?



Create all three balances using big body parts. As you get more confident, try smaller body parts.



Can you create a sequence linking all three balanced shapes together?



Create a sequence with a partner. Your three balances should be linked together.

Top Tips

Be Still!

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

Let's Reflect

Why do you need to hold your balances still?
Did you try a variety of ways of balancing?