

Lower Key Stage 2
(Year 3 & 4)
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

Week 11 – Lower Key Stage 2 (Year 3 & 4)



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|---|--|--|--|--|
| PHYSICAL ACTIVITY | <p>Let's start the week of with a relaxing bit of yoga!</p> <p>Click here for Video</p> | <p>Join in with Gemma's dance routine 'Stupid Love'</p> <p>Click here for Video</p> | <p>Try joining in with Caitlin again from LK Health & Wellbeing with a fun Boxercise workout</p> <p>Check out the video here!</p> | <p>Head outside for 15minutes and complete your daily mile at home, can you complete the challenges on slide 5 while you go?</p> <p>#DailyMileAtHome</p> | <p>Try the 'Quick Reaction' Action shown in this video.</p> <p>Click here for Video</p> |
| SCHOOL GAMES VALUES ACTIVITY | <p>Self belief</p> <p>Mondays can be tough. To start the week , commit to exercising for at least 30 minutes a day for 5 days.</p> <p>Can you encourage a family member to join in with you?</p> | <p>Passion</p> <p>Write a letter to your friend explaining what you enjoy doing the most. It could be anything! Explain why you enjoy doing it and why they should give it a try.</p> | <p>Respect</p> <p>Sit down and play a board game with your family .</p> <p>Create a set of rules to follow that will demonstrate respect for others and make the game fair and fun.</p> | <p>Determination</p> <p>Try to complete a simple puzzle.</p> <p>See slide 6</p> | <p>Teamwork</p> <p>Can you work with a family member to design and build a den in your house?</p> <p>Could you have picnic in your den once complete?</p> |
| CHALLENGE ACTIVITY | <p>Getting up and Getting down.</p> <p>Try this challenge and see how long it takes you to do.</p> <p>Click here for Video</p> | <p><u>See Slide 3</u></p> <p>Take on the Bowling Challenge... Can you get a strike?</p> | <p><u>See Slide 4</u></p> <p>Have a go at the 'Jumping dice ' Challenge</p> | <p>Balance</p> <p>Try this balance challenge!</p> <p>Click here for Video</p> | <p>See <u>Slide 7</u></p> <p>Try a home circuit created by students from Durham Johnston School</p> |

Bowling

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

Jumping Dice

Home Physical Education

Can you encourage others to keep going?

How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:

Roll a 1 = Perform 20 star jumps
Roll a 2 = Perform 20 tuck jumps
Roll a 3 = Perform 20 pencil jumps
Roll a 4 = Perform 20 jumps with a ½ turn
Roll a 5 = Perform 20 jumps with a full turn
Roll a 6 = Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.



Can you keep trying even if you feel tired?

Top Tips

Pace yourself

Take your time when performing the exercises, as you may need to perform some of them more than once.

Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?



The #DailyMileAtHome

WEEK 1

WHAT'S THE PLAN?

Easy. Head outside for 15 minutes of jogging or running at your own pace. You can do it right where you live – just choose a route that's safe and mind you don't trip on those pesky pavements.

IS IT HARD?

If you're new to The #DailyMileAtHome you might find it difficult the first time. That's OK.

Getting out of breath is good for you and you'll get fitter and stronger the more you do The #DailyMileAtHome. There's a 'Scout's pace' challenge below that's perfect for you – take a look!

SOUNDS GOOD TO ME...

Great, just one more thing.

Stay safe. Listen to your grown-up when you are out and about. Keep a safe distance from other people. Remember to always wash your hands as soon as you get back home.



CHALLENGE 1

SCOUT'S PACE

Scout's pace is a great way to help you run further.

All you need to do is:

Run for 50 paces.

Walk (or slow jog) for 50 paces.

And then keep going!

Change it up if you want – try doing 20 paces, or 30.

See what works best for you!



CHALLENGE 2

BIRD SPOTTING

Can you spot the birds on your #DailyMileAtHome route?

You might see some in the sky.

Or maybe resting in a tree.

And if you can't see any – can you hear any singing or chirping?

When you get home, see if you can find out the names of the birds you saw and let us know at #DailyMileAtHome



CHALLENGE 3

FINISH LINE FUN

Imagine your #DailyMileAtHome is a big race in front of thousands of people.

Imagine your final sprint to the finish, the crowd cheering loudly.

Can you make your own finish line and have your picture taken as you break through it?

You decide what to use: paper, loo roll, cardboard... or something else!

ASK YOUR GROWN-UP TO SHARE A PICTURE WHEN YOU DO EACH CHALLENGE AND SHARE ON TWITTER #DAILYMILEATHOME — WE LOVE TO SEE YOU TAKING PART AND COMPLETING THE CHALLENGES.

LONDON MARATHON
EVENTS



thedailymile.co.uk
#DailyMileAtHome



Home circuit created by Year 7 girls Durham Johnston School

Warm up— Put on your favourite music and move around the room for the full track. Pulse raiser and dynamic stretches in time to the music.



Jumping jacks—3 sets of 12

Wall sit 3 sets as long as you can

Side plank 3 sets 30 seconds

Press ups 3 sets of 12

Windshield washers 3 sets of 12



Alternate heel touches 3 sets of 12 each side

Donkey kicks 3 sets of 12 on each side

Butterfly kicks 3 sets of 20

Hip raises 3 sets of 45 seconds

Superman 2 times, holding each one for 20 seconds



Knee raises 3 sets of 20

Leg abduction 3 sets of 20 each side

Cool down— Put on your favourite slow song and stretch your muscles. Start at your head and work all of the way down to your toes.