

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 12 – Lower Key Stage 2 (Year 3 & 4)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p>Begin the week with improving your ball Skills.</p> <p>Click here for Video</p>	<p>Love Cricket? Why don't you challenge a family member to improve fielding and ball skills.</p> <p>Click here for Video</p>	<p>JUST DANCE</p> <p>Click here for video</p>	<p>Kids Physical Challenge</p> <p>Click here for video</p>	<p>25 ways to get moving at home</p> <p>Attempt to perform 2-3 tasks daily to keep moving for 60 mins.</p> <p><u>See slide 7 for activities</u></p>
SCHOOL GAMES VALUES ACTIVITY	<p>Self belief</p> <p>Can you juggle? Watch the video and see if you can improve your juggling skills and improve hand eye coordination.</p> <p>Click here for video</p>	<p>Passion</p> <p>Do you like Dancing and TikTok?</p> <p>Perform a dance and send to a friend and see if they can copy or send a favourite dance of their own back.</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>Can you and you and your family perform a, at home Daily Mile?</p> <p>Use a route of your choosing and map your walk or run.</p>	<p>Teamwork</p> <p>Can you draw a caricatures picture of your entire family?</p> <p>Look on YouTube for ideas or tips on how to begin.</p>
CHALLENGE ACTIVITY	<p>Bean Bag Golf</p> <p>Try this challenge and see if you can beat a family members time.</p> <p><u>See challenge on slide 3</u></p>	<p>Jacks</p> <p>Compete against a family member in a game of Jacks!</p> <p><u>See challenge on slide 4</u></p>	<p>Buckaroo</p> <p>Grab some toys and have some fun with this challenge.</p> <p><u>See challenge on slide 5</u></p>	<p>Build and Destroy</p> <p>Try this awesome challenge!</p> <p><u>See challenge on slide 6</u></p>	<p>Bottle Tag</p> <p>Challenge a brother or sister to this fun game.</p> <p><u>See challenge on slide 8</u></p>

BEAN BAG GOLF

AGE: 5+

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: Beanbags/balls/socks
and targets: hoops/bucket/bottle

HOW TO PLAY:

Walk round the garden or park setting up the 'golf course' using targets (hoops, buckets) as holes and use markers as a tee.

In as few throws as possible, starting at the tee and using a beanbag or a pair of rolled up socks, get the beanbag into the hoop. Throw your next shot from where your last throw lands. Try to beat your course record (the fewer the better).

Alternatively, play Speed Bean Bag Golf where you aim to go round the course as fast as possible (the amount of throws doesn't matter). You're not allowed to move with the bean bag.



JACKS

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Jacks: soft toys, socks, scrunched up paper and a soft ball to throw

HOW TO PLAY:

Set up by scattering the 'jacks' on the floor. Take it in turns to toss the ball up and catch it before the second bounce.

Whilst the ball is in the air, the thrower tries to scoop up jacks before catching the ball. The number of jacks to be picked up goes in order: First you pick one up ("onesies"), then if successful, two ("twosies") and so on.

To make it easier, allow 2 bounces. To make it harder, allow one handed catches only and/or no bounces.



BUCKAROO

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Random toys, sports equipment and household items

HOW TO PLAY:

Take it in turns to perform and hold a balance (standing on 1 leg, form a bridge, etc). The others then try to hang as many items on you as possible: hula hoops, hats, toys, pillows, etc

Try challenging balances.



BUILD & DESTROY

AGE: 5 to 11

NUMBER OF PEOPLE: 1+

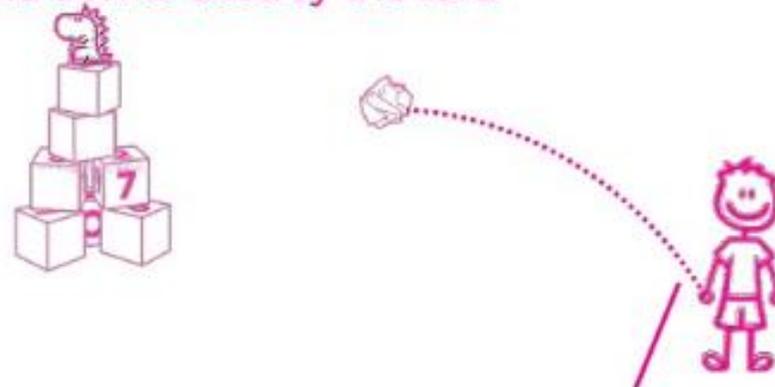
SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Recycled boxes and cartons, teddy bears, lego and rolled up socks

HOW TO PLAY:

Have fun building a castle using non-breakable household items like pillows, cardboard boxes, recycling. Don't forget to use your imagination to add turrets, cannons and place toys or lego people as patrol guards.

Using rolled up socks, become the cannon and aim to destroy the fort.



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute



3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

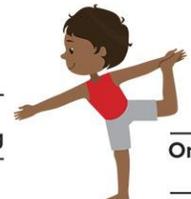
See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

BOTTLE TAG

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Bottle or cone and string to create lines on the floor

HOW TO PLAY:

Two players stand behind their line, 3 metres apart and have to try and get the object, cone or bottle from the middle and take it back past either line without being tagged by the opposite player.

You win by either getting the object past a line without getting tagged or by tagging the other player if they pick up the object.

