

Upper Key Stage 2  
(Year 5 & 6)  
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](https://twitter.com/DurhamCLS_SSP)



# Durham & CLS School Games – Physical Activity Timetable

## Week 11 – Higher Key Stage 2 (Year 5 & 6)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PHYSICAL ACTIVITY</b>	<p>Start the week by joining in with Caitlin again from LK Health &amp; Wellbeing with a fun Boxercise workout</p> <p><a href="#">Check out the video here!</a></p>	<p>Be active for 60 minutes using transport.</p> <p>For example Balance Bike, Scooter, Bike, Skateboard or even a jog with your family.</p>	<p>Have a go at completing the mini Muay Thai session. You can chose which activity you try.</p> <p><a href="#">Check out the video here!</a></p>	<p>Head outside for 15minutes and complete your daily mile at home, can you complete the challenges on <b>slide 5</b> while you go?</p> <p><b>#DailyMileAtHome</b></p>	<p>Have a go at completing session 1 of the fitness challenge below!</p> <p>Can you complete the whole circuit?</p> <p><a href="#">Find the session here!</a></p>
<b>SCHOOL GAMES VALUES ACTIVITY</b>	<p><b>Self belief</b></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><b>Passion</b></p> <p><i>Can you bake? Ask a family member to help you make some delicious treats.</i></p> <p><i>You could design a cake based on what you enjoy!</i></p>	<p><b>Respect</b></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>GOOD LUCK!</p>	<p><b>Determination</b></p> <p><i>Can you work your way through all the levels on this challenge?</i></p> <p><i>how many rolls can you do with dropping the toilet rolls?</i></p> <p><a href="#">Check out the challenge here!</a></p>	<p><b>Teamwork</b></p> <p><i>Can you work with a family member to design and build a den in your house?</i></p> <p><i>Could you have picnic in your den once complete?</i></p>
<b>CHALLENGE ACTIVITY</b>	<p>Co-ordination challenge</p> <p>Can you work your way through the levels on our challenge on <b>slide 3?</b></p> <p>Work towards beating your time</p>	<p>Learn how to juggle!</p> <p>Use the video below to learn how to juggle with scarfs. Can you progress to do It with other objects?</p> <p><a href="#">Check out the video here!</a></p>	<p>Dice Challenge</p> <p>Can you complete the dice challenge on <b>slide 4?</b></p> <p>Keep going until you have done each activity at least once</p>	<p>Bowling challenge</p> <p>Can you better your bowling skills by following the video below?</p> <p><a href="#">Check out the video here!</a></p>	<p>60 second plank challenge</p> <p>Challenge a family member or sibling for 60 sec or longer</p> <p>See activity card on <b>slide 6</b></p>

# CHALLENGE CARD

## COORDINATION: *Ladder Challenge*

Draw two ladders on the pavement/patio with chalk. If you must complete inside, layout socks as the rungs of the ladder with feet landing between the rungs (socks). **Extension:** Beat your time!



Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet.



Jump 2 feet in then 2 feet out up the ladder.



Jump 2 feet in then hop left foot out. Go back to the start and repeat with the right foot.



Hop the following pattern. Go back to the start and repeat leading with right foot.



Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet. Go back and repeat with left foot.



Jump 2 feet to 2 feet following the pattern.



# imoves Dice challenge



**Dice 1**  
Tells you  
which  
exercise  
to do



**Dice 2**  
The number on the  
dice X10 is the  
amount of seconds to  
do the exercise for

Keep  
playing  
until you've  
done each  
exercise at  
least once!





# 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

# 60 Second Challenge

## The Plank

Can you focus and show self belief even though it is hard?

### The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



**#StayHomeStayActive**

### Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

### Achieve Gold

60 seconds or more



### Achieve Silver

45 seconds or more



### Achieve Bronze

30 seconds or more

