

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 12 – Higher Key Stage 2 (Year 5 & 6)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PHYSICAL ACTIVITY</b>	<p>Ball Skills</p> <p>Tricks to help improve your reaction and catching abilities.</p> <p><a href="#">Check out the video here!</a></p>	<p>Jump Start Jonny</p> <p><a href="#">Click here for video!</a></p>	<p>Physical Challenge</p> <p>Be active for 30mins with these child friendly fitness activities.</p> <p><a href="#">Click here for video!</a></p>	<p>Adult home learning</p> <p>15mins boxing workout for parents to join in with the children.</p> <p><a href="#">Click here for video!</a></p>	<p>Be active for 60 minutes using transport.</p> <p>For example Balance Bike, Scooter, Bike, Skateboard or even walk.</p>
<b>SCHOOL GAMES VALUES ACTIVITY</b>	<p><b>Self belief</b></p> <p>Set a goal for the week a head. It could be 30mins exercise a day, learn a new skill increase practise of a particular sport you play.</p>	<p><b>Passion</b></p> <p>Can you play or are learning a musical instrument?</p> <p>Make a video of you playing a new song, even upload as a TIK TOK and become a sensation.</p>	<p><b>Respect</b></p> <p>Create a game using outdoor space with a sibling or a family member.</p> <p>It could be on a trampoline, using a football goal or even a basketball hoop.</p>	<p><b>Determination</b></p> <p>Get constructing. Do you play LEGO or Minecraft? Take some time to let your imagination run wild and build a house, town car or even a sports stadium.</p>	<p><b>Teamwork</b></p> <p>Work together as a family. Can you help your family do chores around the home or with washing the car?</p> <p>You will be counting steps and even exercising.</p>
<b>CHALLENGE ACTIVITY</b>	<p>Blanket Ball</p> <p>Grab a friend or family member and give this challenge a go!</p> <p><b><u>See challenge on slide 3</u></b></p>	<p>Virtual Cricket Competition</p> <p>Enjoy playing Cricket? Compete against others to show case your skills.</p> <p><a href="#">Click here for video link!</a></p>	<p>Not in my Back garden</p> <p><b><u>See Challenge on slide 4</u></b></p>	<p>25 Ways to get Moving</p> <p>Attempt to perform 2-3 activities during the week.</p> <p><b><u>See challenges on slide 5</u></b></p>	<p>Pirate Fleet</p> <p><b><u>See Challenges on slide 6</u></b></p>

# BLANKETBALL

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 2+

**SPACE NEEDED:** Living Room or Garden

**EQUIPMENT NEEDED:** Blanket, soft ball or rolled up socks

## HOW TO PLAY:

In pairs, hold the corners of a blanket tightly. Place a soft ball on the blanket and stop it from touching the floor. You can try tossing it up in the air and catching it.

If there's another pair playing you can try to bounce it to each other. This must be done outside.



# NOT IN MY BACKYARD

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 2+

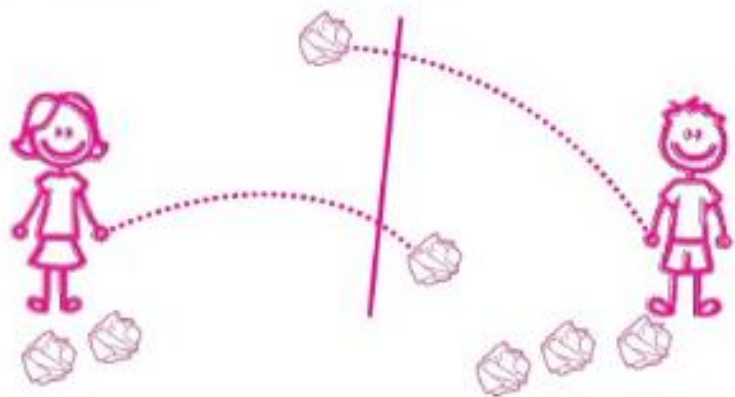
**SPACE NEEDED:** Living Room or Garden

**EQUIPMENT NEEDED:** Soft items: scrunched up newspaper, rolled up socks

## HOW TO PLAY:

Split the room and people in 2. If indoors, sitting down, you have 1 minute to get rid of all the items on your side by throwing them onto the other side, whilst the other team is trying to do the same.

At the end, count the items you have on your side. The team with the least after a minute wins the first round.





# 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



ABC 18  $\frac{1}{2}$  z

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

# PIRATE FLEET

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 2+

**SPACE NEEDED:** Living Room or Garden

**EQUIPMENT NEEDED:** 4 standing toys each,  
1 pair of socks

## HOW TO PLAY:

2 to 5 metres apart, set up some standing toys at your feet. You are the captain and the toys are your pirate ships.

Take turns to throw a cannonball (rolled up socks) at your opponent's ships. If you knock one over, you go and get it and add it to your fleet.

You are not allowed to protect your fleet.

To make it harder, only count direct hits as you can imagine the floor being the sea and the cannonballs would sink.

