

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

Week 14 – Key Stage 1 (Year 1 & 2)



	MONDAY 22 nd February	TUESDAY 23 rd February	WEDNESDAY 24 th February	THURSDAY 25 th February	FRIDAY 26 th February
PHYSICAL ACTIVITY	Colour Combination. Can you work as hard as you can to touch as many different colour combinations. Good luck. See slide 6 for instructions.	Choose a party dance to complete from coach Gemma. Accessed through our home resource section-videos-party dance routines. https://durhamcls-ssp.co.uk/home-resources/	Follow a Leanne Kemp’s fitness video, activities are children and adult friendly! These can be found on our SSP Facebook page https://www.facebook.com/DurhamClsSSP	Choose a Zumba routine to complete from coach Gemma. Accessed through our home resource section-videos-Zumba. https://durhamcls-ssp.co.uk/home-resources/	Be active for 30 minutes either go out for a walk or run with your family. Can you record the number of steps you completed?
SCHOOL GAMES VALUES ACTIVITY	Self Belief Try something new today... something you have not been able to do before. Tell yourself you can do it..... It might be getting ready on your own, riding your bike or tying your laces.	Passion Think of your favourite thing to do (playing football, drawing, etc.) Can you tell someone in your family why you love to do this activity so much?	Honesty Can you list 5 things that you have been honest about? Chat with someone at home about why being honest is so important. Can you give an example of when you might be honest when playing a sport?	Respect Can you draw a picture to show how people can be respectful.	Team Work Choose a task at home, to complete. Get someone at home to be part of your team. How will you encourage each other to complete the task. Team work makes the dream work!
CHALLENGE ACTIVITY	Star Jump challenge. Can you beat the coach in the star jump challenge? Challenge someone at home! Good luck. https://durhamcls-ssp.co.uk/home-resources/ Home resources-videos	Fast Feet Challenge. Can you take part in the challenge, how many times can you dribble the ball? Good luck. See slide 3 for instructions.	Mountain Climber challenge. Can you beat the coach in the mountain climb challenge? Challenge someone at home! Good luck. https://durhamcls-ssp.co.uk/home-resources/ Home resources- videos	Step Up Challenge. How many times can you step up and down in 60 seconds? Good luck. See slide 4 for instructions.	Catch & Clap. How many times can you clap and catch the ball in 60 seconds? Good luck. See slide 5 for instructions.



Fast Feet 60 Second Challenge



Can you keep going even if you lose control of the ball?

How many times can you dribble a ball around a marker and back in 60 seconds?



Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back you score one point.



A ball and two markers. If you do not have a ball, how many times can you run around the marker and back?

Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.



Stop the clock, it's a race! Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
22 dribbles around the marker and back



Achieve Silver
16 dribbles around the marker and back

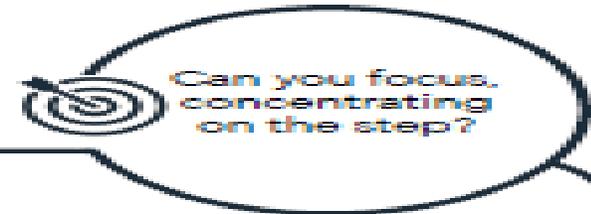


Achieve Bronze
10 dribbles around the marker and back





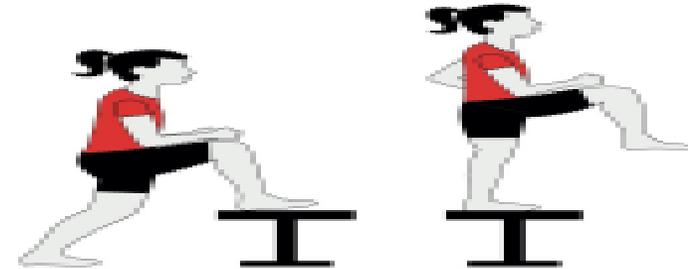
Step Ups 60 Second Challenge



How many times can you step up and down a step in 60 seconds?



You must step up and down with one foot at a time. No jumping!



You need a step!
If you do not have a step use a foot pouffe or a stool.

Increase the number of steps!
Make it harder by stepping up and down two steps (stairs).

Compete as a family.
Adapt the challenge depending who is playing! You could step in and out of a circle.

Achieve Gold
60 step ups



Achieve Silver
45 step ups

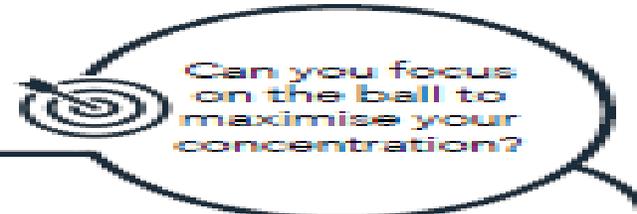


Achieve Bronze
30 step ups

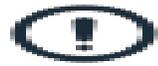




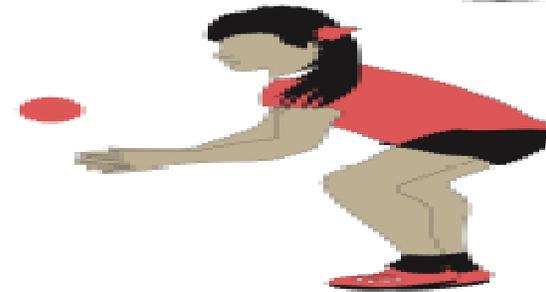
Catch and Clap 60 Second Challenge



How many times can you throw a ball up, clap once and catch it in 60 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



Throw and catch a ball
If you do not have a ball, use a toilet roll or a rolled up pair of socks.

Don't drop it!
Each time you drop the ball take five seconds off your time!

Play with a partner!
Throw, clap and catch in pairs. Can you achieve a medal with your partner?

Achieve Gold
35 catch and claps

Achieve Silver
25 catch and claps

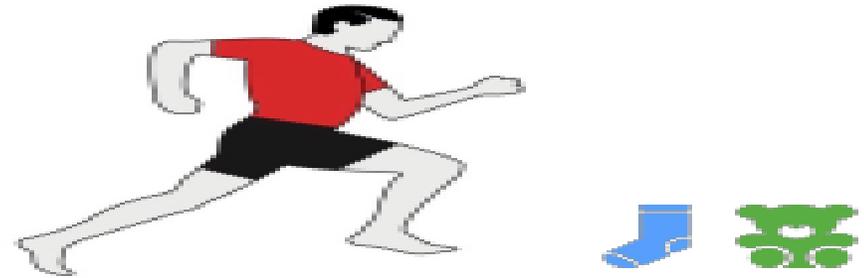
Achieve Bronze
15 catch and claps



Colour Combination PE Home Learning

Time to Learn:

- Layout several different coloured objects on the floor.
- Partner one chooses three different coloured objects for partner two to run out and touch.
- When partner one says go, how quickly can partner two touch the coloured objects in the correct order?
- To make the game harder increase the number of colour objects that are called out or put the objects in different rooms.



Can you encourage each other and work together fairly?

Play on your own!
How many objects can you touch in 60 seconds?
Can you beat your score?

Challenge yourself to move in different ways to touch the objects!

Compete against someone!
Who can touch the three coloured objects the quickest?

Top Tips

Keep Low!

- Bend your knees and keep your body low towards the ground. This will help create power when you push off, changing direction quicker!

Let's Reflect

How were you able to move quickly, changing direction?
Can you explain why we might need to change direction quickly when we participate in different activities?