

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](https://twitter.com/DurhamCLS_SSP)



# Durham & CLS School Games – Physical Activity Timetable

## Week 15 – Key Stage 1 (Year 1 & 2)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PHYSICAL ACTIVITY</b>	<p>Play a game of Sock Bowls. You will need a Teddy Bear and a few balls of socks. Get your family involved in the fun!</p> <p><b>See slide 3</b></p>	<p>Give this fun ‘Dance Freeze game’ routine a try. Try to hold still when you hear the word freeze!</p> <p><a href="https://www.youtube.com/watch?v=TC6oIXIWYEM">https://www.youtube.com/watch?v=TC6oIXIWYEM</a></p>	<p>Go for a walk with a family member. Why not make it extra fun by adding in a little Scavenger hunt.</p> <p>See slide 5</p>	<p>Give this Kids fitness video a try. Be sure to have your water bottle on hand for those rest stops.</p> <p><a href="https://www.youtube.com/watch?v=h3Xrtm0IVnY">https://www.youtube.com/watch?v=h3Xrtm0IVnY</a></p>	<p>Let’s finish the week with a game of Jumping Dice. This game is played on the stairs, so please be extra careful.</p> <p>See slide 6 for details on how to play.</p>
<b>SCHOOL GAMES VALUES ACTIVITY</b>	<p>Self Belief Complete the ‘Confidence’ worksheet. Think about your good qualities. Believe in yourself!</p> <p>See slide 4</p>	<p><b>Passion</b> Can you create a poster listing 5 things you love most about your favorite sport. Show it to a grown up. You may even want to send it into school to show your teacher.</p>	<p><b>Determination</b> Try creating a new balance. Practice it lots of times, be determined to hold your balance still. Push yourself until you can hold it to the count of 10. Don’t give up, you can do it!</p>	<p>Respect Can you make up a game with your family and make up simple rules to follow.</p> <p>Follow the rules to show the respect.</p>	<p><b>Team Work</b> Get your family to work together as a team. See if you can design a new England football kit. Work together to decide, what material and colours it would be.</p>
<b>CHALLENGE ACTIVITY</b>	<p>Try these Gym Roll challenges. See what level you can get to without losing control. Make sure you have a large clear space and a nice soft surface to work on (carpet, mat, duvet etc.).</p> <p><a href="https://www.youtube.com/playlist?list=WL">https://www.youtube.com/playlist?list=WL</a></p>	<p>See if you can try challenge 1 on this video. You will need a few bits from around the house for this one (socks, balls, Toys, paper cups etc). Try It a few times to see if you can improve, work on that crawling technique.</p> <p><a href="https://www.youtube.com/watch?v=8VILMKT_Iek">https://www.youtube.com/watch?v=8VILMKT_Iek</a></p>	<p>Today let’s try challenge 2 from yesterdays challenge video. For this one you will need; a strong shopping bag or sack and again some things to move around (paper cups, teddy bears, cushions etc.) See if you can beat a member of your family.</p> <p style="text-align: center;">←</p>	<p>Today we are moving onto challenge 3 from Tuesday’s video. Today you will need a few balls of socks and a large bowl, basket or bucket.</p> <p>As a family member to give it a try. See if you can beat their score.</p> <p style="text-align: center;">←</p>	<p>Have a go at our Sprint PB Challenge.</p> <p>See slide 7 for an explanation and some great little tips.</p> <p>Push yourself to achieve your best time. You can do it!!!!</p>

# SOCK BOWLS

**AGE:** 7 to 11

**NUMBER OF PEOPLE:** 2+

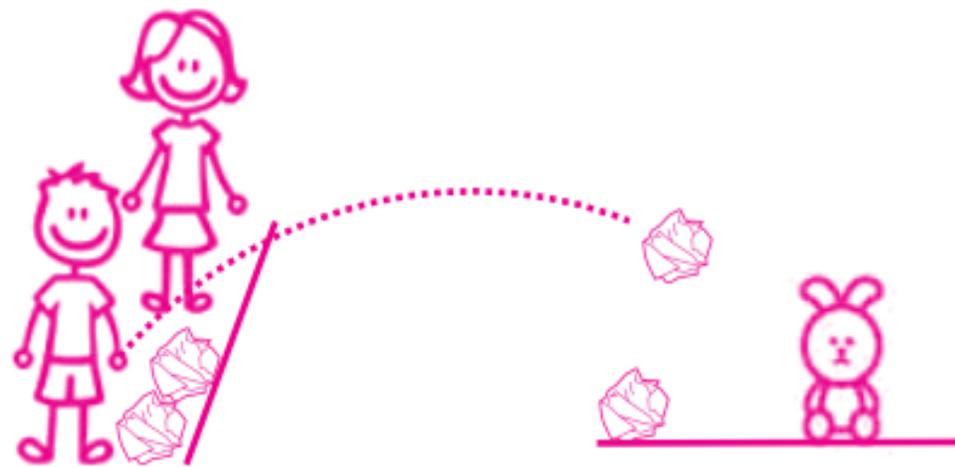
**SPACE NEEDED:** Living Room

**EQUIPMENT NEEDED:** 1 soft toy, 3 rolled up socks per person. Ideally 1 colour per person

## HOW TO PLAY:

Place a soft toy on the floor. Each person takes it in turn to throw one of their bunched up socks or paper ball closest to a toy. After all socks are thrown, the closest to the toy wins that round.

The winner of the previous round chooses where to place the toy for the new round. First to 6 wins an end.



# Confidence



I am good at...



I really enjoy...



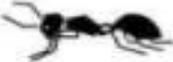
My parents like the way I...



# Scavenger Hunt on a Walk

How many of these things can you spot when out for a walk?

Have fun!!  
Keep your eyes peeled!

 stop sign	 bird	 fence	 house with garage
 flowers	 mailbox	 red car	 ball
 basketball hoop	 dog	 oval rock	 bicycle
 white house	 stick that looks like a letter 'y'	 brown door	 trash can
 fallen leaf	 insect	 fire hydrant	 swing set

# JUMPING DICE

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 2+

**SPACE NEEDED:** Stairs

**EQUIPMENT NEEDED:** Stairs and a dice

(online dice are available)

## HOW TO PLAY:

Start at the bottom of the stairs, and take turns to be the climber.

The first climber:

- Rolls the dice and climbs **up** that number of stairs (eg. If you roll 4, go up 4 steps).
- Rolls again and climbs **down** that number of stairs **minus 1** (eg, if you roll a 3, go down 2 stairs).

It's then the next person's turn.

The first person to reach the top of the stairs wins.

Create a half way point (eg. the landing). When you reach this point, you then can't go lower.





## Personal Best Challenges

Sprint - KS1 or KS2

### Required Resources:

- Measuring tape
- Stopwatch
- Partner to time

### How to do it:

Measure out the distance. The participant starts at one end. When the person with the stopwatch says go the participant then sprints. Once they have crossed the finish line the time can then stop.



LET'S DO THIS!!!



### Coaching Points

Hips to lips with hands  
Front leg up high and back leg straight (leg drive)  
Looking always forward

### Practice Activities

Practice running over shorter distances  
Try different starting positions

### STEP

Include Obstacles  
Change the way they move (e.g. skipping)  
Increase or decrease the distance  
Paired relay