

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



Durham & CLS School Games – Physical Activity Timetable

Week 12 – Higher Key Stage 2 (Year 5 & 6)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p>Start the week as you mean to go on, join PE with Joe Wicks!</p> <p>Join in Live or chose a video from the playlist below...</p> <p>Find a video here!</p>	<p>Fancy something a little different? Today you are going to complete the beginners boxing tutorial.</p> <p>Find the video here!</p>	<p>We all love a game of dodgeball! Today we are going to be practicing some dodgeball skills/fitness.</p> <p>Find the video here!</p>	<p>Go to Google maps or something similar and plan a walk around your local area.</p> <p>Complete the walk and maybe job every other lamppost!</p>	<p>Lets Finish the busy week with a relaxing Friday! Have a look at the video below, see if you can create your own Yoga poses and link them to form routine.</p> <p>Fins the video here!</p>
SCHOOL GAMES VALUES ACTIVITY	<p>Self belief Can you create a list of phrases/questions/reminders you would say to yourself to help with your confidence? put these into practice in this week's challenges.</p> <p>Example: Picture yourself completing the task perfectly.</p>	<p>Passion Choose a skill/sport your passionate about, can you pass on this passion on by delivering a small session to family or friends?</p> <p>To start the session, explain why you are passionate about what you have chosen.</p>	<p>Respect Can you create and illustrate a set of rules that you can implement in games to ensure the is respect throughout?</p> <p>Think about: Officials Spectators players</p>	<p>Determination Pick a skill you want to learn or master. Show you are determined by creating a plan of how you will learn/master your skill. Stick to the plan in order to learn your skill.</p>	<p>Teamwork Create a step challenge, pick a destination you wish to visit once we can. Work out how many miles you would need to walk to get there. Work as a team with family and friends to reach this goal.</p>
CHALLENGE ACTIVITY	<p><u>Mondays Throwing and Catching Challenge!</u> Work up to the gold level on each of the challenges on <u>slide 3</u></p>	<p><u>Snake and Ladders!</u> Play the snakes and ladders game on <u>slide 4</u>, if its too easy could you change some of the activities?</p>	<p><u>Tap Up Tennis!</u> Have a look at <u>slide 5</u> can you earn the gold medal for the number of tap ups you can do?</p>	<p><u>Would you Rather!</u> Have a game of would you rather on the video below. Try it with family or friends!</p> <p>Find the video here!</p>	<p><u>Paper Challenge!</u> Take a look at the video below, this challenge will test you strength, balance and coordination.</p> <p>Find the video here!</p>

MONDAY

Throw a ball at the wall and **catch** it again.

Bronze: 15 Catches

Silver: 25 Catches

Gold: 35 Catches

Throw a ball from one hand, **catch** with the other.

Bronze: 15 Catches

Silver: 25 Catches

Gold: 35 Catches

Throw a socks into a basket

Bronze: 10 Hits

Silver: 15 Hits

Gold: 30 Hits

22nd **Throw** an object into the air and clap your hands before you **catch** it.

Bronze: 1 Clap

Silver: 3 Claps

Gold: 6 Claps

ACTIVITY SNAKES AND LADDERS

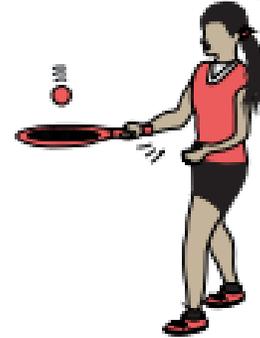
21 Go forward 4 spaces	22 Dance crazy for 22 secs	23 Go down the snake	24 Go down the snake	25 Sprint on spot x 25 seconds	26 Sprint on spot x 26 seconds	27 Go down the snake	28 Dance crazy for 28 secs	29 Go down the snake	30 ★
20 Star jumps x 20 secs	19 Sit ups x 19 secs	18 Go up the ladder	17 Go down the snake	16 Do 16 Star Jumps	15 Go back 1 space	14 Sprint on spot x 14 secs	13 Dance crazy x 13 secs	12 Go back 1 space	11 Get up and sit down x 11
1 Ready Steady Play	2 Go forward 1 space	3 Do 3 Different stretches	4 Go up the ladder	5 Go forward 2 spaces	6 Do 6 squat jumps	7 Do 7 sit ups	8 Go up the ladder	9 Go up the ladder	10 Sprint on spot x 10 secs



Tap Up Tennis 60 Second Challenge



How many times can you tap up a tennis ball on a racket in 60 seconds?



If the ball touches the floor, time continues but your score freezes until you start tapping again.

Use a racket and a ball
If you do not have a racket and ball, use a frying pan and a pair of socks!

Increase the time by 30 seconds! But... you must flip your racket over after each tap.

Play with a partner. Partner 1 throws the ball and partner 2 taps the ball back to partner 1. Each catch counts as 1 point.

Achieve Gold
60 tap ups



Achieve Silver
45 tap ups



Achieve Bronze
30 tap ups

