

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 15 – Higher Key Stage 2 (Year 5 & 6)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p>Family Walk/ Dog Walk</p> <p>Can you or a family track your steps on 30 minute family walk?</p> <p>How many steps did you do?</p>	<p>Follow SSP Coach Gemma Smith's 'Better When Im Dancing' routine.</p> <p>Click here for video</p>	<p>Join Vale SSP for a Football Skills Session</p> <p>Click here for video</p>	<p>Follow Leanne Kemp's Fitness Video for a family workout.</p> <p>Click here for video</p>	<p>Be active for 60 minutes using transport.</p> <p>For example Balance Bike, Scooter, Bike, Skateboard or even walk.</p>
SCHOOL GAMES VALUES ACTIVITY	<p style="text-align: center;">Self belief</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 style="text-align: center;">Passion</p> <p style="text-align: center;">Make a vision board on all the things you enjoy!</p>	<p style="text-align: center;">Respect</p> <p>Can you play a virtual board game with a friend? Call them on an ipad, iphone or laptop to catch up and have some fun.</p>	<p style="text-align: center;">Determination</p> <p>Attempt to complete all homework set by your teachers .</p>	<p style="text-align: center;">Teamwork</p> <p>Help a family member with a project around the house.</p> <p>It could be gardening, house work or even washing bikes for the next ride.</p>
CHALLENGE ACTIVITY	<p>Closest to the Wall Challenge</p> <p>See activity card on <u>Slide 3</u></p>	<p>Table Air Hockey</p> <p>See Activity Card on <u>Slide 4</u></p>	<p>Try the '<u>NERF</u>' challenge If you don't have a nerf, practice your throwing skills using a soft object!</p> <p>How good is your aim?</p> <p style="text-align: center;"><u>See slide 5</u></p>	<p>Physical Activity Bingo</p> <p style="text-align: center;"><u>See slide 6</u></p> <p>Have a go!</p>	<p>Paper Plates 'O&X'</p> <p>Play the popular old school games with added running distance to beat a family member.</p> <p style="text-align: center;"><u>See slide 7</u></p>

CLOSEST TO WALL

AGE: 5+

NUMBER OF PEOPLE: 2+

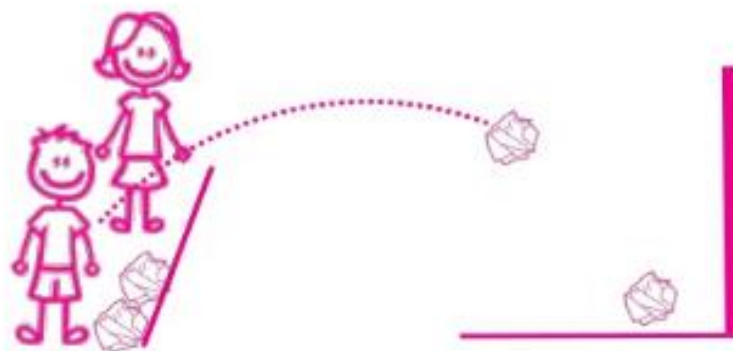
SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Balls, beanbags, socks, paper balls

HOW TO PLAY:

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.



AIR HOCKEY

AGE: 5 to 11

NUMBER OF PEOPLE: 2-4

SPACE NEEDED: Table

EQUIPMENT NEEDED: Table and books, cartons, paper balls and plastic cups

HOW TO PLAY:

Create an air hockey table by placing books, juice cartons around the edge to make the wall leaving a gap at either end of the table for the goals. Use a crumpled up paper ball. You can use an upside down plastic cup as the pusher instead of your hands.

Opponents stand defending their gap/goal with one hand and hit the paper ball towards the other goal.

Add more players by creating more gaps and play multi ball by adding more paper balls.





Knock the Balls!

Nerf Target Game



FrugalFun4Boys.com



Jump up and down in a space 40 times

Play musical statues

Ride a bike, scooter

Balance on a part of your body for 60 seconds

Jump or Move over a pillow 40 times

Play hide and seek

Hop, jump or stand on the spot for 60 seconds

Balance in a plank position

Pass a ball around your waist or head 25 times

Balance an object on your head

Keep a balloon in the air for 60 seconds

Perform 50 **star jumps**

Complete 20 shuttles (running, walking or moving)

Skip or Move for 2 minutes

Roll a ball across a table 10 times

Perform 40 of the same type of jumps

Create and complete an obstacle course

Throw or roll an object into a target 10 times in a row

Dribble a ball in and out of objects

Perform 40 squat jumps / sit forwards

Throw or roll a ball against a wall or with a sibling

Move and complete 10 laps of your house or garden

Perform 40 jumps

Play a new game with a sibling, parent or carer

Perform 30 push ups

Perform dance movements

Perform a short fitness workout

Perform 30 sit ups or lean forwards

Perform a gymnastics routine

Invent and play a new game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line





DIY Kids Hotel Activity Pack

learnwithplayathome.com



- Multiple Creative Activities
- Fits in A4 sized pencil case