

#stayhomestayactive

@PEatHome1



Gymnastics

You will need 6 small pieces of paper. Place them on the floor in an interesting pattern.

Choose 6 balances that you can do on different body parts. Perform one balance on each of your paper 'spots'.

Try starting at different spots to decide the order that you would like to put your balances in to make a sequence.



Can you find a different way to travel between each spot/balance?



Tick the box once you have completed this challenge!

@KESSPB

@awhitehousePE

@SarahLayPE

Athletics

Use 8 objects to make a V shape Start at the narrow end and jump across from one side to the other. Try using 1 foot and 2 foot jumps first. Then just jump 2 feet to 2 feet.



See how far along you can jump across your 'V'.

How did it feel when you jumped further each time you practised this?



Tick the box once you have completed this challenge!

Ultimate Frisbee

You can use a Frisbee (disc), a paper plate (upside down flies best), or any circular container lid.

Can you ask someone in your family to throw your disc to you so you can catch it?



High Catch
Thumbs underneath



Low Catch
Thumbs on top

Try catching it in two hands and then one hand. Which is easiest?

Practise catching the disc using these 'pincer' grips.



Tick the box once you have completed this challenge!

Outdoor and Adventurous Activities

Find 10 small objects and spread them out on the floor.

Ask someone to help you out.

Ask them to close their eyes and guide them through the obstacles to the other side by giving clear instructions. Could they collect some 'treasure' when they get there?



Don't let them step on anything! Can you be creative and invent an adventure for this activity?



Tick the box once you have completed this challenge!

Dance

Explore making the body shapes from 'ka mate, ka mate' – the traditional New Zealand rugby haka, made by the players in the pictures below.

Can you perform them in sequence and make your body shapes strong.

Try adding in some actions like stomping your feet, slapping your hands on your legs or arms or sticking out your tongue!



Explore what other strong shapes and actions you could make with your body. Can you vary the levels of your shapes to add interest (high, middle, low)?



Tick the box once you have completed this challenge!

KS2

PE at Home

Football



You will need one ball for your challenge.

Make sure you have a clear space.

Get a family member to time 30 seconds for you. How many turns can you do in your space in this time?

Repeat the challenge – this time, how many different turns can you do in 30 seconds?

Can you invent your own turn?



Tick the box once you have completed this challenge!

Gymnastics

Can you use either the ribbon, ball or hoop to create a 30 second routine?

To make your routine interesting try adding:

**URNS JUMPS LEAPS
BALANCES TWISTS THROWS**

Record your routine. What aspects of your routine could you improve?



Tick the box once you have completed this challenge!



Dance

You will be working on popping, locking and waving.

Can you create 10 seconds of dance which contains locking, popping and waving?

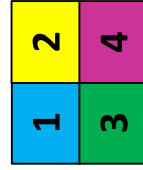
Can you challenge a member of your family to a dance off using these techniques?

Tick the box once you have completed this challenge!



Sitting Volleyball

Sit facing 4 areas which are set out as in the diagram below.



Hold the ball above your head or get someone in your family to hold the ball.



Try to hit the ball with the palm of your hand into the areas.

How many points can you score with 10 hits?



Tick the box once you have completed this challenge!

Handball

The goalkeeper in handball is an essential player as they stop goals being scored.

Goalkeepers need good reactions to prevent the ball going into the goal.

For this practice, you will need four colored pieces of paper. Stick them to a wall about 1 metre apart from each other.

Ask a family member to shout out different colours – how quickly can you touch that colour?



Tick the box once you have completed this challenge!

