

Lower Key Stage 2
(Year 3 & 4)
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 4 – Key Stage 2 (Year 3 & 4)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	Have an energising start to the week by completing Leanne fitness video 5 Click here for Video	Try to complete the This is PE – gym shapes and travel lesson Click here for Video	Start your Wednesday by following Gemma’s ‘Happy’ dance routine Click here for Video	Try to complete the This is PE – horizontal climbing lesson Click here for Link	End the week feeling fit complete Leanne fitness video 6 Click here for Video
SCHOOL GAMES VALUES ACTIVITY	Self belief Try the Football home challenge sheet. Don’t give up with the challenges believe in yourself!! See Slide 3	Passion Design a picture, report, video, etc. to show passion in sport. Can you play a game at home and show your passion throughout it. Simple races against your family are a good way to show your passion!	Respect Can you make up a game with your family and make up simple rules to follow. Follow the rules showing respect for them.	Determination Try to complete a simple puzzle. See slide 7	Team Work Play a new fun game with your family. See slide 9
CHALLENGE ACTIVITY	See Slide 4 for the Catching challenge	See Slide 5 Try a home circuit created by students from Durham Johnston School	See Slide 6 Take on the Bowling Challenge... Can you get a strike?	See Slide 8 Have a go at the ‘Jumping dice ‘ Challenge	See Slide 10 Can you score a ‘Rolling penalty’... have a go and try your best!

What level can you get to over the school holidays?

What do you need: wall, hard surface and a ball – use whatever balls you have at home.

Harder

smaller, bouncier balls e.g. rubber bouncy balls

Easier

larger, softer e.g. large foam balls

Catching Challenge

- 1 Wall Bounce Catch
- 2 Wall Bounce Bounce Catch
- 3 Wall Catch
- 4 Bounce Wall Catch
- 5 Bounce Wall Bounce Catch
- 6 Wall Bounce Catch
- 7 Wall Bounce Bounce Catch
- 8 Wall Catch
- 9 Bounce Wall Catch
- 10 Bounce Wall Bounce Catch

How did you go?

- Level 1 & 2  AMAZING
- Level 3 & 4  SUPERSTAR
- Level 6 & 7  HERO
- Level 9 & 10  LEGEND
- Bonus  CATCHING GENIUS



Durham & Chester-Le-Street School Sport Partnership

ACTIVITY/FOOTBALL MASTERY CARDS

Activity Card 7	Activity Card 8	Activity Card 9
<p>Scissors (<i>Ronaldo Lima</i>)</p>	<p>Eastico/Flip Flap (<i>Ronaldinho</i>)</p>	<p>Robinho</p>
 <p>Powered by ascloud.com ©Copyright Academy Sports Coach 2020</p>	 <p>Powered by ascloud.com ©Copyright Academy Sports Coach 2020</p>	 <p>Powered by ascloud.com ©Copyright Academy Sports Coach 2020</p>
<p>How to play: Equipment; football and work space</p> <p>Ball still. Move your leg around the ball from inside to out NOT the other way around! Dribble the ball with the laces of your foot and add this in. opposite foot takes the ball in opposite direction Variation add the other foot, Double Scissors Aim; 5 minimum scissors</p>	<p>How to play: Equipment; football and work space</p> <p>Outside to inside without taking your foot off the ball. Aim; 5 minimum on each foot.</p>	<p>How to play: Equipment; football and work space</p> <p>Ball still. Kick the ball a little way out in front of you and see how many scissors you can do until ball stops. Double scissors until the ball stops Aim; 10-15 minimum double scissors</p>



Home circuit created by Year 7 girls Durham Johnston School

Warm up— Put on your favourite music and move around the room for the full track. Pulse raiser and dynamic stretches in time to the music.



Jumping jacks—3 sets of 12

Wall sit 3 sets as long as you can

Side plank 3 sets 30 seconds

Press ups 3 sets of 12

Windshield washers 3 sets of 12



Alternate heel touches 3 sets of 12 each side

Donkey kicks 3 sets of 12 on each side

Butterfly kicks 3 sets of 20

Hip raises 3 sets of 45 seconds

Superman 2 times, holding each one for 20 seconds



Knee raises 3 sets of 20

Leg abduction 3 sets of 20 each side

Cool down— Put on your favourite slow song and stretch your muscles. Start at your head and work all of the way down to your toes.

Bowling

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

Top Tips

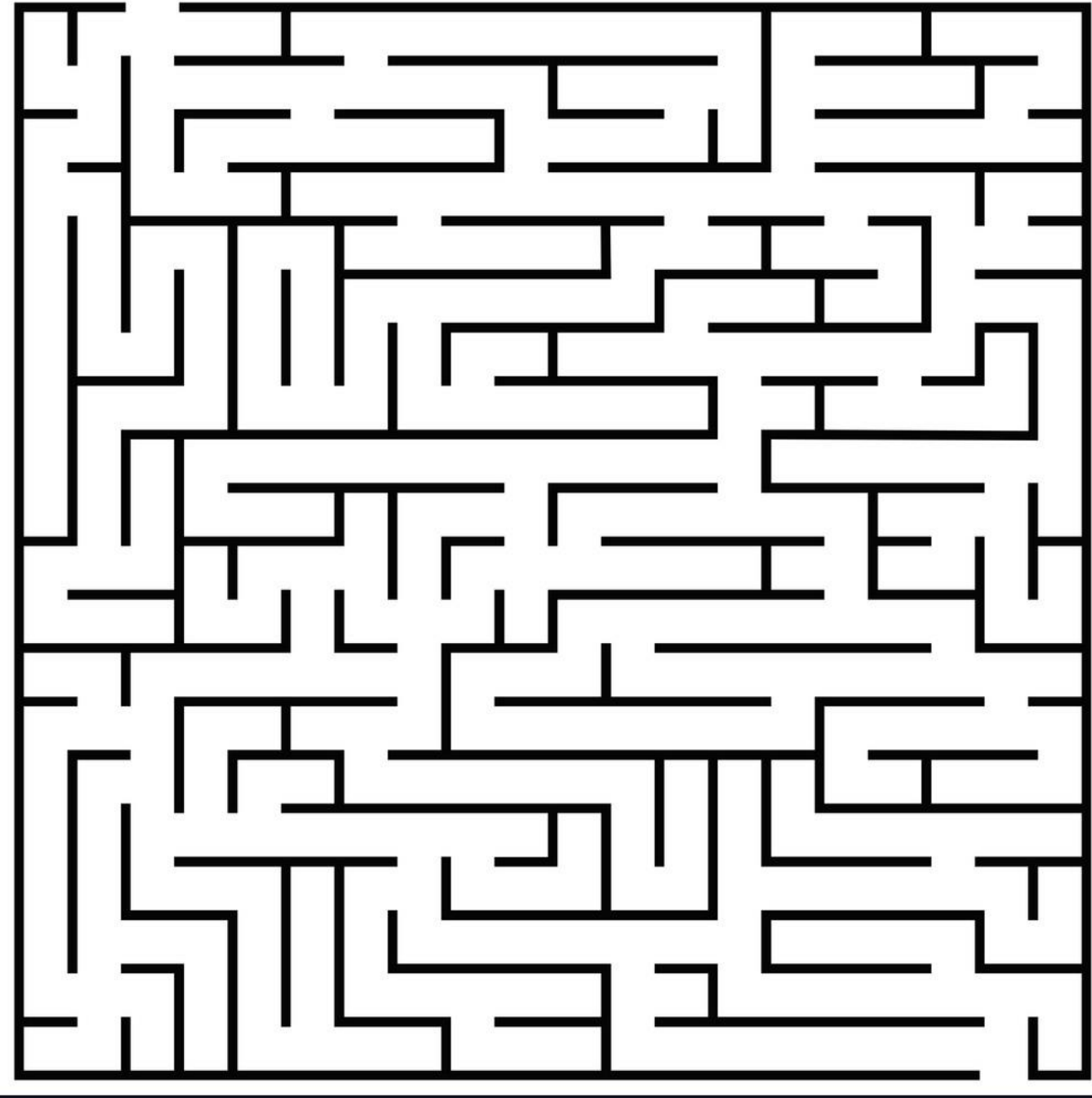
Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?



Jumping Dice

Home Physical Education

Can you encourage others to keep going?

How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:



- Roll a 1 = Perform 20 star jumps
- Roll a 2 = Perform 20 tuck jumps
- Roll a 3 = Perform 20 pencil jumps
- Roll a 4 = Perform 20 jumps with a $\frac{1}{2}$ turn
- Roll a 5 = Perform 20 jumps with a full turn
- Roll a 6 = Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.

Can you keep trying even if you feel tired?

Top Tips

Pace yourself

Take your time when performing the exercises, as you may need to perform some of them more than once.

Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?

Rock, Paper, Scissors



What you need: One other person



How to play:

- Face each other and jump on the spot three times before jumping on the fourth jump either with your feet landing together to represent 'rock', jump with your feet straddled wide to represent 'paper', or jump with your feet one forwards and one back to represent 'scissors'.
- Rock beats scissors, scissors beats paper and paper beats rock.
- If you have the space, winner chases their opponent trying to tag them before an end line.

Who is the winner in your household?

Rolling Penalties

Home Physical Education

Can you keep the score and be honest?

How to play:

- With a partner, set up a goal using two markers.
- Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
- Player 1 rolls the ball towards goal trying to roll the ball past player 2.
- Can player 2 prevent the ball going past them? Can player 1 score?
- Players score a point each time they score a goal. The first to score 5 points is the winner.



Can you concentrate on where to aim?

Top Tips

Rolling & Saving

Saving: Look up, concentrate on the ball, be on your toes.

Rolling: Use an underarm technique and concentrate on where to aim.

Let's Reflect

How did you feel when your roll was stopped?

Were you able to concentrate on the target to score a point?