

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 4 – Key Stage 1 (Year 1 & 2)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PHYSICAL ACTIVITY</b>	<p>Follow a Leanne fitness session from our SSP website Newsfeed <a href="https://durhamcls-ssp.co.uk/">https://durhamcls-ssp.co.uk/</a></p> <p>🌟 KS1 WORKOUT</p> <p>🦍 Gorilla Run 🐸 Froggies</p> <p>🐰 Bunnyhop 🐒 Monkey Jumps 🐍 Cobra 🦖 T Rex</p>	<p>Jumping obstacle course</p> <p>Can you make your own jumping obstacle course. Look at <b>slide 5</b> for instructions.</p>	<p>Air hockey. Can you play air hockey against someone in your house?</p> <p>Look at <b>slide 7</b> for instructions.</p>	<p>Follow a Leanne fun fitness session from our SSP website Newsfeed. <a href="https://durhamcls-ssp.co.uk/">https://durhamcls-ssp.co.uk/</a></p> <p>🌟 This is by far my favourite workout, ideal for KS1 &amp; KS2</p> <p>🦘 We've got kangaroo jumps, donkey kicks and loads more fun!! 👍 Give it a go!!!</p>	<p>Do the Dash target throw. Have a go, remember to use an underarm throw.</p> <p>See <b>slide 11</b> for instructions.</p>
<b>SCHOOL GAMES VALUES ACTIVITY</b>	<p>Self Belief</p> <p>Can you try Nelly's number machine challenge Level 2. You must show that you believe in your maths skills, don't give up!! <b>See slide 3</b> for instructions.</p>	<p>Passion</p> <p>Watch the short film on why children love sport. Could you make a video about why you love sport?</p> <p><a href="#">Click Here for Video</a></p>	<p>Honesty</p> <p>Be in charge of a score card in today's air hockey challenge. Can you be honest and keep the correct score, even if it means that you lose the game.</p>	<p>Determination</p> <p>Can you achieve getting a determination certificate today in the physical activity and challenge activity? Your parent/guardian will tell you if you achieved determination today. See <b>slide 9</b> for the determination certificate.</p>	<p>Team Work</p> <p>Can you and your household balance as many cuddly toys on top of each toy, you will need to work as a team to try and balance as many toys on top of each toy without them falling.</p>
<b>CHALLENGE ACTIVITY</b>	<p>Save the bears. Can you challenge someone at home in the save the bear challenge?</p> <p>Look at <b>slide 4</b> for instructions.</p>	<p>Do the Dash speed bounce. Have a go and challenge someone at home. See <b>slide 6</b> for instructions.</p>	<p>Can you challenge someone at home to the jumping dice challenge? See <b>slide 8</b> for instructions.</p>	<p>Challenge someone at home to the balloon keepy up challenge. <b>See slide 10</b> for instructions.</p>	<p>Tidy your room challenge. Can you challenge someone at home in this challenge.</p> <p><a href="#">Click here for Video</a></p>

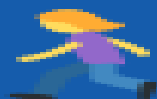
# Nelly's Number Machine - Level 2



Hello Boys and Girls! I love numbers so much that I have created my very own number machine game - would you like to play? I would love to see all of your amazing maths work so please send it in!



## Moving to Maths



What strategies could I use to work out my calculations?  
Table taps, counting on, number lines, counting objects & the column method  
**Also remember to put the biggest number first when subtracting.**

### How to play (Level 2):

You will need; an outside space and some chalk or some small bits of paper and a pen or pencil, as well as, 9 pairs of rolled up socks or 9 scrap bits of paper rolled into a ball shape. You can mix and match these items if you don't have enough of either. You need to write the numbers 0-9, '+' and '-' in a space on the floor with the chalk or write on individual bits of paper and scatter them in a space. Now you're set up throw your socks/paper ball at the numbers and your '+' or '-' to create a calculation for you to work out!

**Choose one or work through the challenges below** and see if you can complete some of Champs challenges at the bottom - what medal are you going to achieve?

### Can I subtract and add three-digit numbers?

You must throw six pairs of socks towards your numbers and one towards your '+' or '-'. Use this to make your calculation!

# 1

### Can I subtract and add three-digit and four-digit numbers?

You must throw seven pairs of socks towards your numbers and one towards your '+' or '-'. Use this to make your calculation! Remember where to put the biggest when subtracting!

# 2

### Can I subtract and add four-digit numbers?

You must throw eight pairs of socks towards your numbers and one towards your '+' or '-'. Use this to make your calculation!

# 3



## Champs Challenge!

**Gold** - Create and answer 25 addition and/or subtraction questions

**Silver** - Create and answer 15 addition and/or subtraction questions

**Bronze** - Create and answer 10 addition and/or subtraction questions

**Top tip** - Show your full working to help spot any mistakes!

# SAVE THE BEARS

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 1+

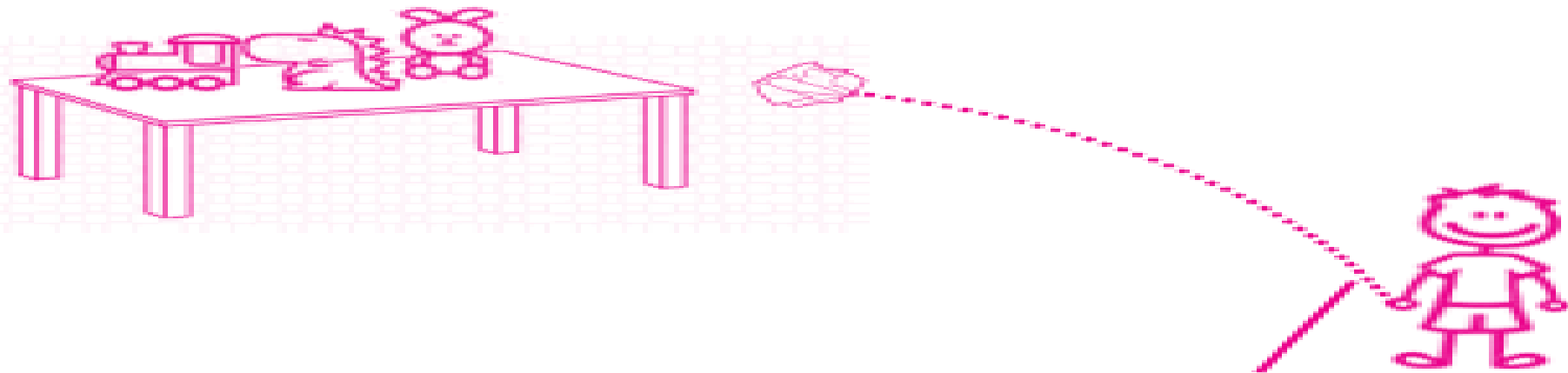
**SPACE NEEDED:** Dining Room or Garden

**EQUIPMENT NEEDED:** Soft toys or bottles and rolled up socks

## HOW TO PLAY:

Set up the soft toys, the 'bears', on a table. From 3+ metres away, using rolled up socks, try to knock over the toys. You save a 'bear' when you hit it, go and collect it.

You can make it a competition by taking it in turns to throw. Most bears saved wins.





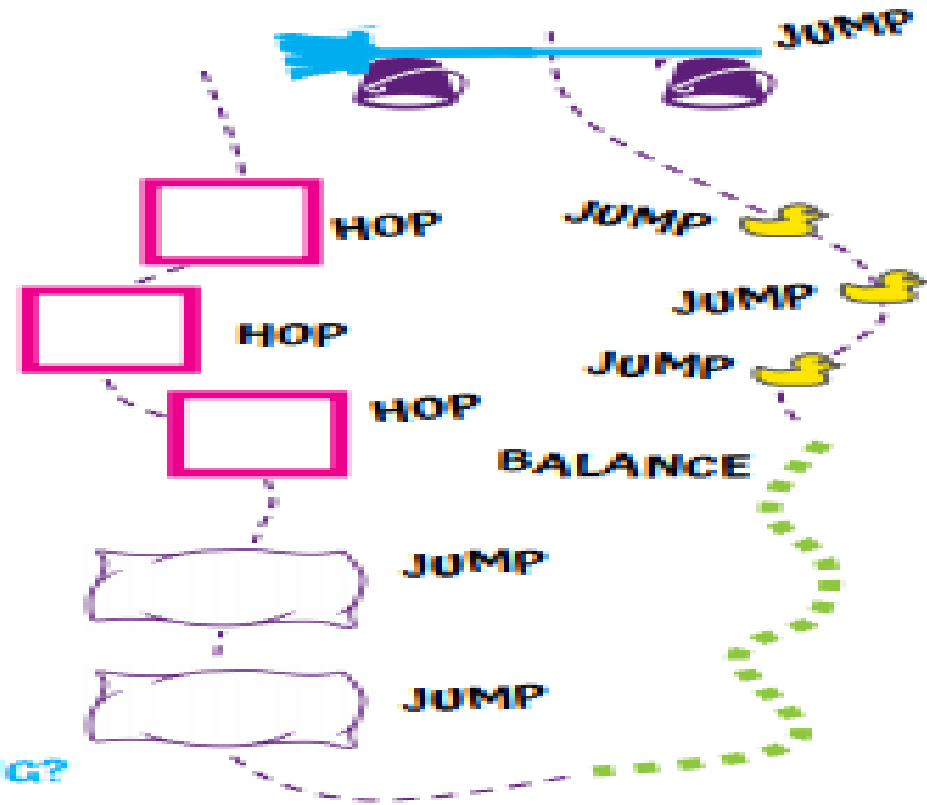
**BUILD YOUR OWN JUMPING OBSTACLE COURSE IN YOUR BACKYARD OR LIVING ROOM**

**Here are some ideas of things you could find around your house to put in your course:**

<b>Pillows</b>	<b>Rope</b>
<b>Toys</b>	<b>Pots/buckets</b>
<b>Tape</b>	<b>Broom</b>

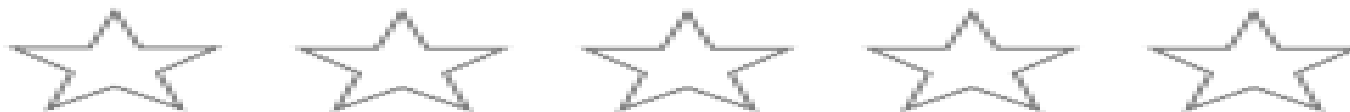
**Here are some tips to help you:**

- ✔ Take off – Swing and spring
- ✔ In the air – reach for a star and pull it down
- ✔ Landing – land like you're on a motorbike, knees bent, arms forward



**HOW GOOD WERE YOU AT JUMPING?**

**Colour the stars**





# #dothedash

## Speed Bounce Guidance

### **DurhamDASH!**

Presented by Durham & Chester le Street SSP

#### **The Speed Bounce Challenge**

How many times can you bounce over a pillow or object in **20 seconds**? Both feet must land over the pillow/object for the jump to count.

#### **Equipment needed**

- A pillow If you do not have a pillow, jump over a safe object
- Stopwatch
- We suggest a tidy, flat area of ground
- A family member to assist with the counting



#### **Body Aware**

- Bounces are smooth
- Hips stay level, legs move
- Focus on a forward point
- Arms help with balance
- Start carefully and build a rhythm

#### **Description**

A test of speed, rhythm and co-ordination, the participant crosses an object with both feet as many times as possible in the allocated time

#### **Rules**

- Participants must wear suitable footwear. Bare feet is not permitted
- Speed Bounce is a two-footed jump in which the participant must take off and land on both feet, the participants feet should leave the ground simultaneously and land on the ground simultaneously
- The number of "good" bounces should be recorded i.e. the number of time the participant completes a two footed jump over the object.

#### **Safety**

- Participant should wear suitable footwear
- Object jumping over should be safe
- Adult supervision is recommended



# AIR HOCKEY

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 2-4

**SPACE NEEDED:** Table

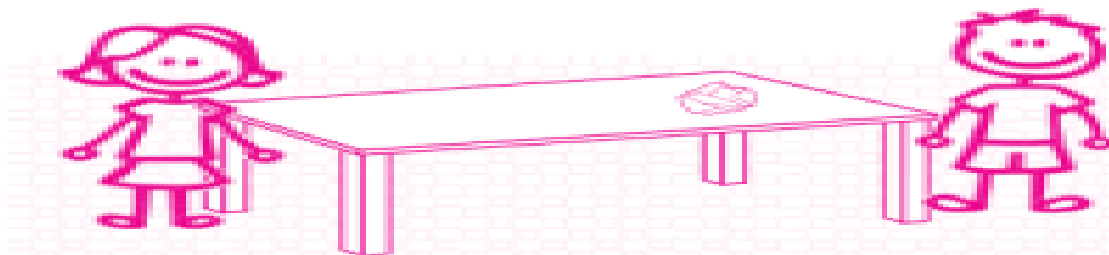
**EQUIPMENT NEEDED:** Table and books, cartons, paper balls and plastic cups

## 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 scrunched 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.



# 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.





# SCHOOL GAMES SPORTING SPIRIT

Awarded to

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# BALLOON KEEPY UPPIES

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 1+

**SPACE NEEDED:** Living Room or Garden

**EQUIPMENT NEEDED:** Balloon, string and chairs. Soft/beach ball for older children

## **HOW TO PLAY:**

Inflate a balloon and play keepy uppies on your own or in teams.

**Play seated volleyball:** Players are sitting on the floor with some string to divide the room in 2. To score a point, hit the balloon onto the other side so it touches the floor.

Outside and with older children, you can use a slightly heavier ball. Children are allowed to catch and throw the ball instead.

Use 2 chairs and string as a net.





# #dothedash

## Target Throw Guidance

### **DurhamDASH!**

Presented by Durham & Chester le Street SSP

#### **Description**

A test of hand to eye co-ordination and throwing accuracy. The participant throws as many rolled up socks into a bin in the allocated time

#### **The Target Throw Challenge**

How many pairs of rolled up socks can you throw into a bucket in **20 seconds** from **2 meters** away?

#### **Equipment needed**

- A bucket or similar sized object & lots of socks
- Stopwatch
- A marker to stand behind
- A family member to assist with the counting



#### **Rules**

- The participant must stand 2 meters away and behind a marker
- The number of "good" targets should be recorded i.e. the number of times the participant get a pair of sock to land in their bucket/target
- Only one pair of socks at a time can be thrown



#### **Safety**

Participant should only throw safe objects  
Adult supervision is recommended

