

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 4 – Higher Key Stage 2 (Year 5 & 6)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p>Follow Leanne Kemp’s Fitness Video for a family workout.</p> <p>Click here for video</p>	<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>Zumba Workout Routine with SSP Coach Gemma Smith</p> <p>Click here for Video</p>
SCHOOL GAMES VALUES ACTIVITY	<p>Self belief</p> <p>Mondays can be tough. To start the week , commit to exercising for at least 30 minutes a day for 5 days.</p>	<p>Passion</p> <p>Passionate about football? Execute a ‘RABONA’ shot at a target of your choice.</p> <p>Watch this video tutorial</p> <p>Video yourself and watch back to see your technique unfold.</p>	<p>Respect</p> <p>Play a fun game of basketball, football , cricket, tennis etc with a family member and demonstrate respect by creating and following the rules.</p>	<p>Determination</p> <p>Attempt to complete all homework set by your teachers .</p>	<p>Team Work</p> <p>Family living room fort building .</p> <p>See activity card on slide 6</p>
CHALLENGE ACTIVITY	<p>School Games Target Throw Activity Challenge</p> <p>See activity card on Slide 3, Test the accuracy of your throw!</p>	<p>Basketball Activity Challenge #2 Can you dribble like Michael Jordan?</p> <p>See activity card on Slide 4</p>	<p>Maths on the Move Challenge</p> <p>Attempt to complete tasks 7-8</p> <p>See Activity Card on Slide 5</p>	<p>Beat The Coach - Obstacle Challenge</p> <p>Can you beat the coach? Click here for Video</p>	<p>Cricket Activity Challenge</p> <p>Grab a family member, head out side and try this fun activity.</p> <p>See Activity Card on Slide 7</p>

Competition week 4: Target Practice!

Set up an old milk carton (4pts!) with a small amount of water in the bottom to keep it stable.

Start close and throw a tennis ball (or other small ball) at it.

Each time you hit the container move further away.

Measure the furthest distance you've managed to hit the carton from (e.g. 5.86m)



OPEN DRIBBLING

Find a suitable open, flat space in order to dribble when jogging.

Mark out a start and finish point using cones.

Begin by dribbling with one hand at a steady pace.

Keep your eyes facing forward, ball by your hip and out in front of you.

Can you dribbling using both hands?



THROUGH THE CONES

Start at one side of the cones, using one hand move and dribble the ball through the cones.

Once at the end, turn around and dribble back to the start using the opposite hand.

Beginners - Use lower cones.

Advanced - Add more cones, use both hands to dribble.





HOME Challenge Sheet

Year 5 and 6

1

How many handles?

Count all of the door handles in your house.

What fraction of the handles have locks?

2

Odd socks



Take three different pairs of socks (6 socks in total). How many new pairs of socks can you make from the 6 socks you have?

3

Stop the clock star jumps




Use a stopwatch to time yourself doing 15 star jumps. Have five attempts and record the times. What was the fastest time?

What was the difference between the fastest and slowest time?

4

How long?



Estimate the length of a room in your house.

Now measure it. How close were you?

5

Always read the label!




Take a box/packet of food. Add up every number on the packet.

Check your answer with a calculator!

6

Find the area



Measure the area of the smallest and largest rooms in your house.

Smallest

Largest

What is the difference between your answers?

7

Count and multiply

+ X

Count each of the following in your house: chairs, doors, cupboards, windows, pillows, spoons, clocks and shoes. Now multiply the following pairs together. Before you begin counting - which calculation do you think will have the largest total?

Chairs x Doors

Cupboards x Windows

Pillows x Spoons

Clocks x Shoes

8

Prime number hunt

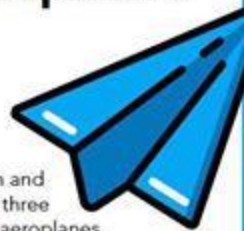


How many prime numbers are written around your house?

What is the largest prime number you can find?

9

Paper aeroplanes



Design and create three paper aeroplanes. Record the distance each plane flies and see which one flies the furthest.

Plane 1

Plane 2

Plane 3

What was the difference in cm between the three distances?

10

Maths on the Move number trail

Download and cut out the question cards and follow the answers around the house. [Download.](#)

SHEET FORT

AGE: 5 to 9

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Bed sheets and imagination

HOW TO PLAY:

Using sheets, build a fort using sofas and chairs and then play cowboys and indians. Create different areas or rooms in the fort.

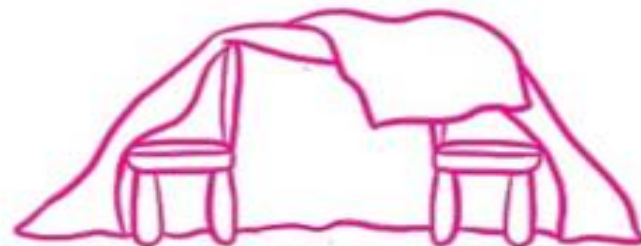
Feel free to use it as your den for the day.

What are you going to call it?

What other activities can you do inside?

Read a book or even have lunch.

What's your password to enter?



CHANCE TO SHINE WEEKLY CHALLENGE:

WEEK 1 – COOL CATCHER

PARENT & CHILD ACTIVITY



LEARNING OUTCOMES:

Explore different throwing and catching techniques with a variety of objects. Track an object in flight.

EQUIPMENT:

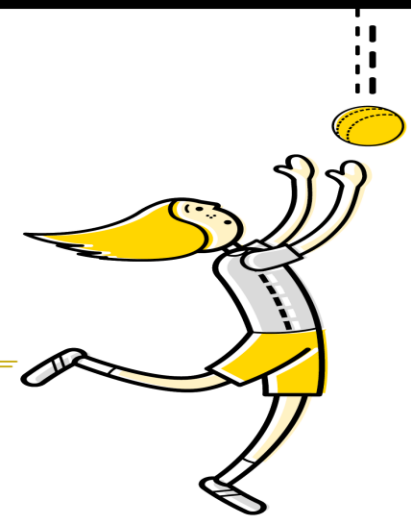
- tennis ball (or if you don't have one, try a balled-up pair of socks or something else, be creative!)

PAIRS CHALLENGE:

- Stand 3M apart
- Take as many catches between you as you can in 1 minute
- Set your team best and then try and beat it!

STRETCH ACTIVITY:

- If you drop the ball you go back to zero



COACHING POINTS

- Watch the ball all the way into your hands
- Get into a powerful 'ready' position, with your weight forward
- Aim your throw where it can be caught easiest (belly button height)

