

# Key Stage 1

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

**GET AHEAD**  
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

## Get Active at Home

### MONDAY

**Activity overview**  
Body Parts Challenge

**Equipment needed**  
✓ None

**School Games value**



### TUESDAY

**Activity overview**  
Bip it Bop it

**Equipment needed**  
✓ 1 ball per person or a bundle of socks

**School Games value**



### WEDNESDAY

**Activity overview**  
Roll With it

**Equipment needed**  
✓ Random household items that roll  
✓ Shoe  
✓

**School Games value**



### THURSDAY

**Activity overview**  
Upside Down, Right way round

**Equipment needed**  
✓ Lots of teddies, or or toy cars  
✓ A family member

**School Games value**



### FRIDAY

**Activity overview**  
Target Throw

**Equipment needed**  
✓ 3 soft small items  
✓ 1 target item such as bin or washing basket

**School Games Value**



RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN

  
EAST RIDING SSP (WEST)  
Partnered by Cottingham High School

THE SCHOOL  
**SPORT**  
PARTNERSHIP



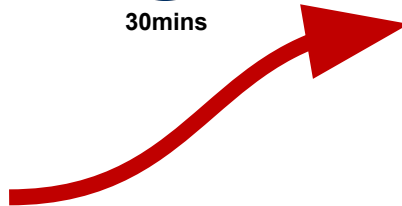
## KEY STAGE 1

# MONDAY



30mins

## GYMNASTICS



### ACTIVITY

#### BODY PART BALANCE

Your challenge will be to create as many balances as you can using large or small body parts.

1. On a piece of paper write down all your body parts which are large.
2. On another piece drop down all your body part which are small.
3. Ask one of your family members to shout out one of your listed body parts, this must then be included in your balance.
4. Try and keep your body as still as possible during these balances, hold your muscles tight.

**How many can you do?**

**Which ones can you hold?**

**Can you link any of the balances together?**

### EQUIPMENT NEEDED

- None needed.



**How can you demonstrate self belief throughout this challenge?**

### MAKE IT EASIER...

Start with easy balances, that include both feet

### MORE OF A CHALLENGE

Can you do balance with your tummy facing towards the ground and towards the sky?

### MAKE IT INCLUSIVE

Do balances with both small and large body parts together.

### LEAD OTHERS

Can other members of your family copy your balances?

## KEY STAGE 1

# SENDING AND RECEIVING

## TUESDAY



30mins

### ACTIVITY

#### Bip it Bop It

- You will need someone in your family to shout instructions
- Stand in an open space with a ball
- You must listen out for the following instructions and be ready to act quickly.

Pat it – Pat the ball in the air with your palm and catch it.

Bounce it – bounce the ball on the floor and catch it.

Wind it – pass it around the body.

Swap it – swap the ball with someone else's.

Jump it – throw the ball in the air and jump to catch it.

Roll it – roll the ball, follow it and pick it back up before it stops.

Spin it – throw the ball up, spin around and catch it.

The leader should mix the order of instructions as the game progresses.

What other rules can you make?

### EQUIPMENT NEEDED

- 1 ball per person or a bundle of socks.



How can you demonstrate determination throughout this challenge?



### MAKE IT EASIER...

Master 3 instructions first before adding more  
Use a larger ball or balloon, instead of a Tennis ball.

### MORE OF A CHALLENGE

Add your own skills to the list, what can you call it?

Try a smaller object

Can you play with your family? If you get one point per completed instruction, who can score the most? Or who can get to 30 first?

### MAKE IT INCLUSIVE

Use different balls for each person

### LEAD OTHERS

Let your family be creative and introduce their own rules!

## KEY STAGE 1

# SENDING AND RECEIVING

## WEDNESDAY

### ACTIVITY

This activity is all about to exploring how different things roll or move. And how you can use parts of your body to strike and make them move.

1. Put a shoe in the space in the middle of your room, this is your target?
2. Find 3 toys at home, these should be as different as possible. Think ball, teddies, cars
3. Explore how using different parts of your body can make these toys move/push towards the target. (please be careful if using hard objects)
4. Which parts of your body moves the object most accurately?
5. Can you hold onto anything to move or strike the object too. Does this make it easier or harder?

### EQUIPMENT NEEDED

- A shoe
- A variety of toys



How can you demonstrate passion throughout this challenge?



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### MAKE IT EASIER...

Stand closer to the shoe  
Can you explore one object first and use your hand, foot, knee, elbow, head to move the object

### MORE OF A CHALLENGE

Stand further away from the shoe  
Can you gain points for hitting the shoe?

### MAKE IT INCLUSIVE

Use longer object for pushing objects, swap the shoe for another object on a table and see how things roll on a table.

# KEY STAGE 1

## LOCOMOTION

THURSDAY

### ACTIVITY

#### Upside down, right way round

- Ideally you will need 2 people in this game.
- Make a clear space, spread out your toys half being the right way round and half upside down.
- During a set time, one person will be aiming to put all the toys the right way round, and one upside down.
- Ask someone to say go, then race to turn the toys over. After 30 seconds stop.
- Who has the most toys their way round?
- Play again using a different way of moving

### EQUIPMENT NEEDED

- Lots of teddies, or or toy cars
- A family member



How can you  
**demonstrate  
determination  
throughout  
this challenge?**



### MAKE IT EASIER...

Put the toys close together

### MORE OF A CHALLENGE

Put the toys further apart.  
Add a jump after you have turned over  
Can you move in different ways for each game,  
crawling, hopping, jumping walking, running?

### MAKE IT INCLUSIVE

Put things high on sofas as well as on the floor

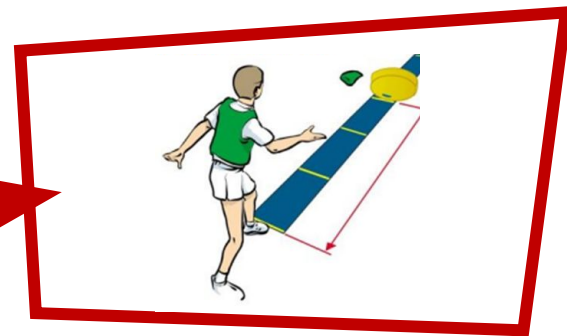
## KEY STAGE 1

# SENDING AND RECEIVING

FRIDAY FUN



30mins



## ACTIVITY

### Target Throw

- The participant stands behind a line and throws three items into the target placed at 3 metres
- The target is then moved to 5 metres and the process is repeated.
- 4 points if the item lands in the target.
- 2 points if the item bounces out of the target or if the item touches the floor before the target.
- Tennis Balls, Rolled up socks or small soft toys can be used.
- A washing basket, paper bin, cardboard box or dog basket are example target items.

### MAKE IT EASIER...

- Increase the size of the target item.
- Move the target item closer than 3m or 5m
- Put more than one target item at each distance.

### MORE OF A CHALLENGE

- Decrease the size of the target item.
- Move the target item further than 3m or 5m
- Add additional scoring distances at 7m and 9m if space is available.
- Put targets at the same distance but at different heights above the ground using a wall or a chair

### MAKE IT INCLUSIVE

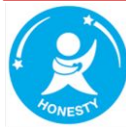
The Target Drop can be used for participants with severe mobility problems gradually moving them away from the target after each success to record improvement.

### LEAD OTHERS

Encourage family members to join and set own challenges.

## EQUIPMENT NEEDED

- 3 soft small items
- 1 target item such as bin or washing basket.



**How can you demonstrate honesty throughout this challenge?**