

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
Locomotion

Equipment needed

- ✓ Stopwatch or other alternative.
- ✓ Different amount of objects

School Games value



TUESDAY

Activity overview
Sending and Receiving

Equipment needed

- ✓ As many recycled bottles as possible.
- ✓ Rolled up socks or a ball.
- ✓ Pen and paper to write scores down.
- ✓ Paper to put the point system inside the bottle.

School Games value



WEDNESDAY

Activity overview
Gymnastics

Equipment needed

- ✓ Just a clear space

School Games value



THURSDAY

Activity overview
Switch Catch

Equipment needed

- ✓ 2 Tennis balls – or any type of ball that will bounce

School Games value



FRIDAY

Activity overview
Boccia

Equipment needed

- 6 or 12 balls (rolled up socks).
- Two Markers (empty toilet rolls, food tins, water bottles) .
- Target Area (scrap paper, door mat, table cloth..)

School Games Value



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN


EAST RIDING SSP (WEST)
Partnered by Cottingham High School

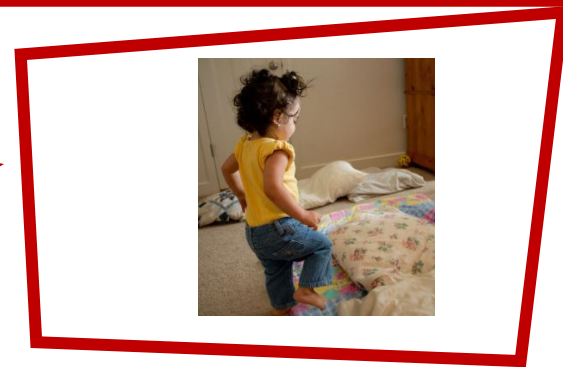
THE SCHOOL
SPORT
PARTNERSHIP



KEY STAGE 1

MONDAY

LOCOMOTION



ACTIVITY

Obstacle Course

- When doing this activity, making sure there is enough room to be able to move different ways.
- When performing the moves they can differ each time such as; jumping, hopping, running, crawling etc.
- Participants will start in one area, can either finish in the same area or finish in different area.
- Objects will be scattered around on the floor, participants need to avoid the objects by jumping, hopping etc.
- When doing the obstacle course this can be timed and a challenge to beat your time each time you perform.

EQUIPMENT NEEDED

- Stopwatch or other alternative.
- Different amount of objects



How can you demonstrate self belief throughout this challenge?

MAKE IT EASIER...

Less objects on the floor.

MORE OF A CHALLENGE

Have specific area to do a movements such as; balance for 5 seconds when they come to a cushion.

MAKE IT INCLUSIVE

This can be done in a small space or large space dependent on your decision.

LEAD OTHERS

Encourage family members to join and cheer each other on whilst they take part.

KEY STAGE 1

TUESDAY

SENDING AND RECEIVING

ACTIVITY

Recycling Bowling

- A number of recycled bottles is placed in one area of your choice. Eg. 6 bottles 3 in front and 3 behind.
- The participants will stand or sit opposite the bottles.
- Using a ball or a rolled up pair of socks, participants will roll the item towards the bottles.
- Trying to knock down the bottles.
- If you wish the bottles can be worth different points.

EQUIPMENT NEEDED

- As many recycled bottles as possible.
- Rolled up socks or a ball.
- Pen and paper to write scores down.
- Paper to put the point system inside the bottle.



How can you
demonstrate
determination
throughout
this challenge?



MAKE IT EASIER...

Have more recycled bottles.
Have more goes at rolling the ball/ socks
Stand closer to the bottles.

MORE OF A CHALLENGE

Use less recycled bottles.
Take it in turns to see who knocks the most down.
Each bottle is worth different points.
Move further away from the bottles

MAKE IT INCLUSIVE

This could be adapted by sitting on a chair or on the floor and rolling the ball/sock towards the bottles opposite.

LEAD OTHERS

Take it in turns and see who gets the most points.

KEY STAGE 1

GYMNASTICS

WEDNESDAY



30mins



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ACTIVITY

Develop a sequence

- Your task is to develop a sequence of gymnastics moves, that can be put into a flowing sequence, ie performed one after another.
- Your sequence should include 2 balances, start and end.
- 1 roll, 1 jump and 1 step, these can be anywhere within your sequence.
- Make sure you hold your body with control and tension when your doing your gymnastics routine
- Each time you perform your sequence, think about areas that you could improve and repeat until your happy it is the best you can do.

MAKE IT EASIER...

Can you start with a routine of one Balance, one jump and one step?

MORE OF A CHALLENGE

Can you make a more complex sequence?
Can you change the level of the sequence, use high and low moves?

MAKE IT INCLUSIVE

Just make sure you do what parts of the sequence you can, change the number of each parts

LEAD OTHERS

Can you teach someone else in your house the sequence?

EQUIPMENT NEEDED

- ✓ Just a clear space



How can you demonstrate determination throughout this challenge?

KEY STAGE 1

OBJECT CONTROL

THURSDAY

ACTIVITY

Switch Catch

- Stand facing opposite your partner, close together.
- Both players will need a ball – if you don't have a Tennis ball, use any type of ball you have at home that will bounce!
- Stand with feet wide apart and knees bent (ready position).
- Each player holds the ball out in front, shoulder height, with straight arms.
- One player will count down... 3, 2, 1 GO.
- At the same time, both players drop their balls and then try to catch their opponents ball after just **one** bounce.
- After 10 Switch Catches, introduce a new rule; players must throw the ball up sideways or forwards/backwards instead of dropping it straight down – make your opponent move to the ball!
- What other rules can you make?.

EQUIPMENT NEEDED

- 2 Tennis balls – or any type of ball that will bounce



How can you
demonstrate
determination
throughout
this challenge?

MAKE IT EASIER...

Use a larger ball instead of a Tennis ball.
Throw the ball directly upwards to give more time for players to get ready to catch or allow more than one bounce!

MORE OF A CHALLENGE

Make your partner move to the ball instead of just dropping straight down.
Further progress by touching the floor before catching!

MAKE IT INCLUSIVE

Wheelchair or powerchair users could adapt the game to be played on a table top, at a height accessible for them.

LEAD OTHERS

Can you be the umpire in a game with two other members of your household?

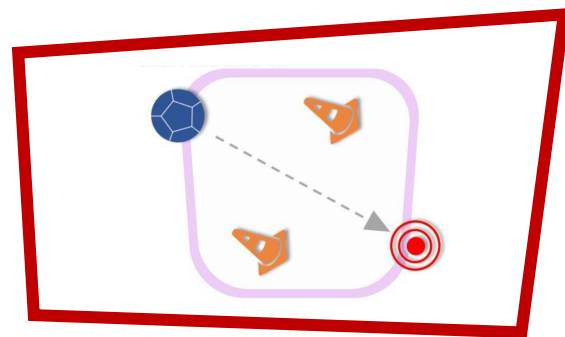
KEY STAGE 1

SENDING AND RECEIVING

FRIDAY



30mins



ACTIVITY

Through the Gate

- Create a playing court with two throwing areas. If you're practicing alone you'll only need one.
- Make a '**gate**' using two markers, make this as wide or as narrow as you wish.
- Place a '**target**' behind your gate using a flat object like a door mat, table cloth or paper.

Challenge

Players to try and roll or throw their balls/socks, using an underarm action, to go through the '**gate**' and land on their '**target**' area.

- ☐ 1 point for throwing your ball/sock.
- ☐ 2 points for throwing the ball through the gate.
- ☐ 3 points for getting the ball through the gate and onto the target area. It must stay on the target area – if your ball hits the target but finishes off the target that doesn't count!

Highest score wins after all balls have been thrown by player(s).

MAKE IT EASIER...

Make the gate wider.
Make the target bigger

MORE OF A CHALLENGE

Make the gate narrower or target smaller.
Make it more competitive by setting a challenge such as 'who can score the highest points in 30 seconds'.

EQUIPMENT NEEDED

- 6 or 12 balls (rolled up socks).
- Two Markers (empty toilet rolls, food tins, water bottles).
- Target Area (scrap paper, door mat, table cloth..).



How can you demonstrate honesty throughout this challenge?

MAKE IT INCLUSIVE

Boccia is a fully inclusive sport. Ramps can be used for those who need them. Ensure targets are clearly visible.