

Key Stage 2

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
Orienteering

Equipment needed

- ✓ Pen and Paper and imagination

School Games value



TUESDAY

Activity overview
Boccia

Equipment needed

- ✓ Pair of socks
- ✓ 2 bottles

School Games value



WEDNESDAY

Activity overview
Net/Wall Games

Equipment needed

- ✓ 5-10 targets
- ✓ Pair of rolled up socks or small ball
- ✓ One racquet – frying pan? Table Tennis bat?

School Games value



THURSDAY

Activity overview
Leadership

Equipment needed

- ✓ Just yourself, but you could use a few props if you have them
- ✓ Something to play you song on

School Games value



FRIDAY

Activity overview
Athletics

Equipment needed

- ✓ tape measure or long ruler
- ✓ Sticky tape, sticky tac or chalk (optional)

School Games Value



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN


EAST RIDING SSP (WEST)
Partnered by Cottingham High School

THE SCHOOL
SPORT
PARTNERSHIP



KEY STAGE 2

ORIENTEERING

MONDAY



30mins



ACTIVITY

DESIGN YOUR OWN HOUSE MAP

- All you need is a blank piece of paper and a pencil
- Then using a pencil and ruler, just sketch out your garden or house or a combination of both.
- Decide where you are going to start. This can be marked on the map with a triangle if you wish.
- Then spend some time with your child explaining the map, orientating it and asking some questions such as: • Can they identify the key objects in the garden/ house? • Where are the doors? • Can the child identify where they are stood with you at the moment?
- Plot a number of control/marker points around the map for your child to find.
- Keep it simple to begin with, no more than 5 markers!
- Once they have found each marker using the map introduce some more challenging tasks and activities....
- Make it into a treasure hunt by placing a series of clues at each marker point
- Add Maths or English questions at each marker – give a total score

MAKE IT EASIER...

Simplify the map and markers - placing markers on easily accessible surfaces and household items will make them a lot easier to find! For example, placing a marker on the TV screen instead of behind a curtain.

MORE OF A CHALLENGE

Make the map and markers more complicated and don't be afraid to throw some tricky problems i.e. placing a marker inside a draw instead of on top!

MAKE IT INCLUSIVE

Ensure all markers and map points are fully accessible – don't place markers too high for younger children. Don't place markers in corners of rooms or behind large furniture if wheelchair or powerchair users play

EQUIPMENT NEEDED

- Paper, pencils and an imagination!
- A prize for a treasure hunt – optional!



How can you demonstrate determination throughout this challenge?

KEY STAGE 2

BOCCIA

TUESDAY



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).

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 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'.

MAKE IT INCLUSIVE

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

LEAD OTHERS

Create your own additional challenges and rules to play with your family or friends.

KEY STAGE 2

NET/WALL GAMES

WEDNESDAY

ACTIVITY

Tennis Serve Challenge

- Gather some targets from around your house – teddy bears, action figures, toy cars, books, food cans – be creative!
- Place 10 'targets' at different heights on your stairs, giving different points for different targets. Make a note of the scoring system.
- Decide how many attempts each player should have, a good start would be 5.
- A player should then kneel down at the bottom of the stairs with a bat (optional) and a ball. This could be just the palm of your hand and a rolled up pair of socks!
- Throw the item up to then hit with the 'bat' towards the objects on the stairs
- This game is a great practice for lob and serving shot practice.
- It will encourage players to judge height and distance, improving accuracy!
- Make this game into a maths challenge by creating some different scoring rules i.e. the first target you hit is your base number, the second target is what you times your first number by; the third target hit is taken away from your current score; fourth target is then doubled and then added to your total and finally; the 5th target hit is the number you divide your current score by!



MAKE IT EASIER...

Bring the targets closer and avoid using the top stairs
Play this game without stairs – just place targets on the floor or garden.

MORE OF A CHALLENGE

Use smaller targets.
Use harder maths questions during the scoring system.

MAKE IT INCLUSIVE

Play this game in the living room and place targets on the floor instead of using the stairs.

LEAD OTHERS

Let children create their own scoring questions and systems.

EQUIPMENT NEEDED

- 5-10 targets
- Pair of rolled up socks or small ball
- One racquet – frying pan? Table Tennis bat?



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

KEY STAGE 2

LEADERSHIP

THURSDAY



30mins

Dance
Leader

ACTIVITY

Create a Dance Routine

- Pick your favorite, catchy song and develop a dance routine
- Think about how you will teach other members of your family the routine
- Will you use repeating parts and props?

LEAD OTHERS

Before showing everyone your trick shot, have a think about these key points. As a leader, remember it important that everyone has fun. So, think of how you'll.....

How is best to communicate what you want people to do in your dance?

Are the moves clear?

Is it safe? Can you explain where the risks are?

How can you encourage your family as they complete the dance?

What categories could you award prizes for?

STEP is a useful acronym to go through, it will allow you to think of how you can adapt your Challenge so everyone can take part

Space

Can you change the space by making the area bigger or smaller or changing the distance moving closer or further away?

Task

Can you change the rules of the activity, the number of times it need to be completed, or length of time to complete the task.

Equipment

Can you change the size of the target, level of equipment, amount of equipment, height of the equipment or the arrangement of the equipment

People

Can you change people involved, does everyone do on their own or with a partner?



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

EQUIPMENT NEEDED

Just yourself, but you could use a few props if you have them

Something to play you song on

Key Stage 2

ATHLETICS

FRIDAY



30mins

ACTIVITY

Vertical Jump Challenge

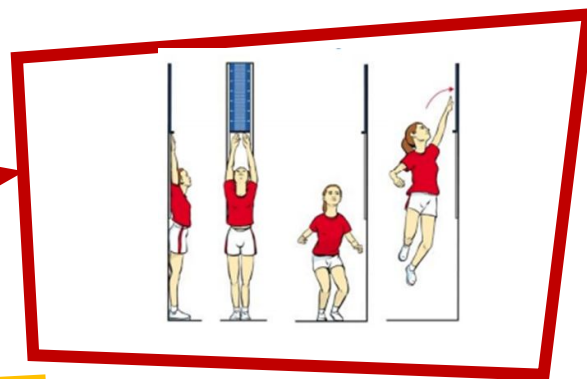
- The participant stands with their back and heels touching the wall.
- Both arms should be stretched upwards fully and legs straight. Mark this on the wall as the 'stretched height'. This can be done with sticky tape, sticky tac, or chalk.
- Turn side on, move 20cm away from the wall, jump and touch the wall at the highest point. If you use sticky tape you can jump and try to stick the tape on the wall at the highest point.
- Stretch up with your finger tips and keep your head up when jumping.
- Use a long ruler or tape measure the difference between the finger tips when stretched up mark and the jump height achieved.
- To make it easier to see the heights achieved, consider chalk dust on the participants fingers to be able to see the finger tip prints on the wall. External walls only!

EQUIPMENT NEEDED

- 1 tape measure or long ruler
- Sticky tape, sticky tac or chalk (optional)



How can you demonstrate passion throughout this challenge?



MAKE IT EASIER...

Complete three attempts and take the 'mean' or average score.

MORE OF A CHALLENGE

Turn side on to the wall for the jump height with the 'non-dominant' hand making contact with the wall.

MAKE IT INCLUSIVE

The tape measure or ruler can be zeroed with the top of the arm rest of a wheelchair and the participant encouraged to reach as high as possible.

LEAD OTHERS

If the height is too tall for you to measure ask an adult in the household to measure for you.