



# Home Physical Education and Physical Activity Ideas

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## PRIMARY

Monday 11<sup>th</sup> May 2020 – Sunday 17<sup>th</sup> May 2020



This booklet has been produced to help parents / guardians create opportunities to support their families to stay physically active and healthy at home during COVID 19.

Throughout the booklet you will discover a wide range of fun and exciting physical activities and challenges that you can play in your own home or garden.

The activities require very little equipment and use objects that most homes will have.

Children can play the activities and develop their independence.

This booklet is divided into four sections:

## 1. Curriculum Physical Education which includes opportunities to:

- Experiment
- Learn
- Challenge

## 2. Physical Activity to encourage

- Movement
- Play

## 3. School Games

- Virtual Competitions
- Personal Challenges

## 4. Active Cross-Curricular Challenges

Each day will focus on a School Games Value – Respect, Determination, Self-belief, Teamwork, Honesty and Passion.

All activities can be adapted to meet the needs and skill levels of all children. You can use S.T.E.P. to modify games

**S** = Space (e.g. to make things harder or easier increase / decrease area)

**T** = Task (e.g. change the task more or less repetitions)

**E** = Equipment (e.g. use larger / smaller racket / bat, or larger / smaller ball)

**P** = People (e.g. involve more / less people)

Change the rules, add your own and vary the equipment:

- Sponge balls, soft balls, bean bags, rolled up socks or gloves, scrunched up paper, balloons
- Use various objects to make lines / markers e.g. skipping ropes, string, wool, garden canes, broom handles, empty 'plastic' bottles, chalk, talc etc
- When creating targets use buckets, boxes, paper placed on floor or attached to wall or fence, hoops, pillows, empty 'plastic' bottles, toys, card shapes etc
- If some activities use racket, bat or object and you do not have one use something else e.g. broom handle, hand, book, stick etc.



# How much physical activity should you be doing?

Current UK recommendations are that adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

The [Chief Medical Officer](#) has released a number of guidelines on how much physical activity people should be doing, along with supporting documents:

- [Early Years](#) (Under 5's capable of walking)  
All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- [Children and Young People](#) (5-18 years)  
All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- [Adults](#) (19-64 years)  
Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
- [Older Adults](#) (65+ years)  
Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

## [How to use the ideas in this booklet](#)

You can follow the timetable provided below in this if you want to follow a more structured approach or mix and match your activities to suit your environment, access to equipment and personal preferences.



## Timetable – Monday 11<sup>th</sup> May – Sunday 17<sup>th</sup> May 2020

All activities instructions can be found in the booklet.

Movement Monday	Mindful Tuesday	Wonderful Wednesday	Leadership Thursday
<p><b>P.E. Theme</b> Ball skills through Basketball: Complete the appropriate resource card OR select a variety of activities from the card.</p> <p><b>Physical Movement and Play</b> – Catch Crazy</p> <p><b>Physical Challenge</b> – Bean Bag Throw Activity.</p> <p><b>TopYa School Games Championship</b> Activity (Requires log in to TopYa App).</p>	<p><b>Continue to practise some of the P.E. Theme</b> Ball skills through Basketball: OR select a variety of activities from the card.</p> <p><b>Physical Movement and Play</b> – Strike a Pose.</p> <p><b>Physical Challenge</b> – Burpees Activity.</p> <p><b>Physical Maths Challenge</b> – Select appropriate Maths on the Move worksheet.</p>	<p><b>Continue to practise some of the P.E. Theme</b> Ball skills through Basketball: OR select a variety of activities from the card.</p> <p><b>Physical Movement and Play</b> – Standing Long Jump.</p> <p><b>Physical Challenge</b> – Cool Catcher Activity.</p> <p><b>TopYa School Games Championship</b> Activity (Requires log in to TopYa App).</p>	<p><b>Continue to practise some of the P.E. Theme</b> Ball skills through Basketball: OR select a variety of activities from the card.</p> <p><b>Physical Movement and Play</b> – Traffic Lights Game and Design a new version and play.</p> <p><b>Physical Challenge</b> – Step up Activity.</p>
Fun Friday	Sporty Saturday	Super Sunday	Other websites
<p><b>Continue to practise some of the P.E. Theme</b> Ball skills through Basketball: Complete the appropriate resource card OR select a variety of activities from the card.</p> <p><b>Physical Movement and Play</b> – Martial Movers.</p> <p><b>Physical Challenge</b> – Climb the Mountain Activity.</p> <p><b>TopYa School Games Championship</b> Activity (Requires log in to TopYa App).</p>	<p><b>Continue to practise some of the P.E. Theme</b> Ball skills through Basketball: Complete the appropriate resource card OR select a variety of activities from the card.</p> <p><b>Physical Movement and Play</b> – Dance It Activity.</p> <p><b>Physical Challenge</b> – Speed Bounce Activity.</p>	<p><b>Continue to practise some of the P.E. Theme</b> Ball skills through Basketball: Complete the appropriate resource card OR select a variety of activities from the card.</p> <p><b>Physical Movement and Play</b> – Breakfast Buffet Activity.</p> <p><b>Physical Maths Challenge</b> – Select appropriate Maths on the Move worksheet.</p>	<p><a href="https://www.bbc.co.uk/teach/super movers">https://www.bbc.co.uk/teach/super movers</a> - Maths, English and other skills through physical activity.</p> <p><a href="https://plprimarystars.com/">https://plprimarystars.com/</a></p> <p>- Maths, English, Personal and Social skills through physical activity.</p> <p><a href="https://www.aspire-sports.co.uk/programme/maths-move-home-challenges">https://www.aspire-sports.co.uk/programme/maths-move-home-challenges</a></p> <p>Maths on the Move</p> <p><a href="https://www.yourschoolgames.com/sgo/hamstead-hall/">https://www.yourschoolgames.com/sgo/hamstead-hall/</a></p> <p>- Additional activity calendars and timetables with support materials.</p>

Would be great to see how well you are enjoying the activities

Share your activities and skills on twitter @hamsteadhallsgo use the #StayInWorkOut



## Curriculum Physical Education which includes opportunities to:


- Experiment (Explore)
- Learn (Practise and Develop)
- Challenge
- Cross curricular ideas (Maths, English and Design Technology)

The following activities can be completed on one day or to encourage skill development can be completed throughout the week – they form the basis of Physical Education (P.E.) lessons.

## P.E Theme – Ball Skills through Basketball


Activities for aged 3 – 5 years (Early Years) Use the card below: Explore and Practise sections

## Activities for Year 1 – 2 years (Key Stage 1)



#stayhomestayactive  
@PEatHome1


### EXPLORE

 Find any ball that bounces. How many different things can you do with the ball?

How many ways can you bounce the ball or move the ball around your body?

**Bright ideas:**


- Bounce and catch with two hands.
- Bounce with one hand and catch with two hands.
- Bounce with one hand and catch with the other.




@KESSPB  
@awhitehousePE  
@SarahLayPE

### PRACTICE

How many times can you bounce the ball and catch it in 1 minute?

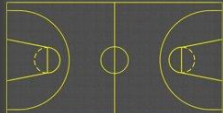


 High-Five all the members of your family who completed the challenge!


**English Challenge!**  
Can you learn how to spell the following words?

**BALL  
BOUNCE  
CATCH  
MOVE**

Basketball is played on a court that looks like this.




How many different shapes can you find on the court?  
Can you find a shape with 4 sides?  
Can you find a curved shape?




Make sure you have enough room to complete the tasks!


### DEVELOP

 Make up a game that will help other people to improve bouncing the ball.

Can you use the words below to describe how your game works?




**Parent's Tip!**  
If you need to, allow two or three bounces before catching the ball.  
For more of a challenge just use one hand to catch!



**KS1**

PE at Home- BASKETBALL

Where can I go to take part in more basketball?  
<https://cobbasketball.co.uk/>



Share your skills on twitter @hamsteadhalls go use the #StayInWorkOut



## Activities for Year 3 – 6 (Key Stage 2)

PE at Home- BASKETBALL



#stayhomestayactive  
@PEatHome1

### EXPLORE

 Find any ball that bounces.  
How many different ways can you bounce the ball standing still?

Bright ideas:

- Walk with the ball and bounce it with one hand and then try with the other hand.
- Jog with the ball and bounce it with one hand and then the other.
- Bounce the ball between your legs from one hand to the other.



@KESSPB  
@awhitehousePE  
@SarahLayPE

### PRACTICE

How many times can you dribble 5 metres and back in one minute? 

 How did it make you feel when you completed your challenge?

English Challenge!  
Can you learn how to spell the following words?

BOUNCE  
DRIBBLE  
BASKETBALL  
ACCURATELY  
CONTROL

Where can I go to take part in more basketball?  
<https://cobbasketball.co.uk/>



### DEVELOP

Can you make up a game to help others improve their dribbling skills? 

Can you create a poster to show what your practice is and use the literacy words opposite to describe ?

What other words are used in basketball?  
Can you include them in your poster?

 **Parent's Tip!**  
Use a larger ball to make this challenge accessible or make the course longer for more of a challenge!





**LeBron James plays professional basketball in the NBA in America.**

Can you find out:

- How old he is?
- Which team he plays for?
- How many points he has scored in his career?
- How many championships he has won?

 **Make sure you have enough room to complete the tasks!**

KS2

Share your skills on twitter @hamsteadhallsgo use the #StayInWorkOut



## Physical Activity to encourage

- Movement
- Play

## Movement Monday



Today's School Games Value is:



Passion

# catch crazy

six fun ways to play  
and play and play



### how to play

Players get together in an open space, and are given a ball each. They can choose from a range of games to play on their own or together:

**Throw, clap and catch** – How many claps can they do before catching the ball?

**Jump Ball** – Throw the ball as high as they can, and jump up to catch it. Can they catch it with their feet off the ground?

**Cone catch** – Make a cardboard cone and pop the ball in. Can they throw the ball up out of the cone and catch it? Or, even harder, catch it in the cone?


**Bounce 'n' bounce** – They bounce the ball on the ground, patting it with their hand to keep it bouncing. How many bounces can they do in a row?

**Handy catch** – Throwing a ball from one hand to the other, how high can they go?

**Roll chase** – They roll the ball and chase it. Can they pick it up before it stops?


### equipment

Balls of different sizes, weights and shapes.



### sporting connection

Balance and stability are important factors when catching an object in flight, and are therefore needed for all flight sports.



### did you know?

The fastest recorded underarm bowling speed with a rounders ball is 60 miles per hour.

**SAFETY** – make sure you are in a safe open space when throwing things into the air.

Use any small soft equipment that you can throw and catch safely.

Use baskets, cups, boxes etc that allow you to catch small soft objects in,

Would be great to see your ideas on twitter

@hamsteadhallsgo



# Mindful Tuesday




Today's School Games Value is:

Self-Belief

## strike a pose

Match a range of balances to rolls of the dice



### how to play

Let's see how well everyone can balance! Stick six cards on the wall numbered 1-6. Choose a different balance to write on each one card. Here are some ideas:


1. Balance on one foot
2. Balance on one foot and one hand
3. On your head, two hands and one foot
4. Up on your tippy toes
5. Two hands and two feet
6. Combine balances to create a sporting action, like tossing a rhythmic gymnastics ball in the air and holding the 'lean forward' balance that follows the throw.

Roll the dice for players to do the balance that matches the number. Highlight the importance of firm muscles, strong shapes and tight bodies when holding balances. Then roll the dice again - and carry on!

Safety: make sure each player has enough space to perform the balances safely.


### equipment

Large dice, six cards with numbers and balances.



### sporting connection

This activity will help you develop your sense of balance and core strength. That's great for diving, cheerleading and gymnastics.



### did you know?

When competing, men do not perform their gymnastics routines to music, while women do (but each routine needs lots of core strength!)

Hold each pose for 5 seconds

Can you hold for 10 seconds

How long can you hold each pose for?

As an extension activity:

Make up your own ideas for each number on your dice e.g.

1 = Star shaped balance

2 = Balance on your two knees and two elbows

3 = Balance on your shoulders

4 = Balance on your bottom

5 = Balance in a thin narrow shape

6 = Combine all balances to make a sequence



# Wonderful Wednesday

Today's School Games Value is:



Teamwork



Self-Belief

**Youth Sport Trust**  
*Active Play*

## Cool catcher: Catching

**How to play**

- Ensure children have done a lot of practice receiving a rolling ball.
- Start by 'catching' a ball that has bounced 2 or 3 times.
- Gradually decrease the number of bounces.
- Gradually increase the distance between thrower and catcher.
- Play games where the children have to catch the ball a number of times (see illustration).

**Safety:**

- Throw into a space. Be aware of others especially when moving backwards to catch.

**Equipment:**

- Soft balls that are easy to catch. A variety of balls.

*I'm good at catching.  
I always make a target with my hands.  
I watch the ball very carefully.  
I cup my hands and cushion the ball with them.  
I tell my friend how hard to throw.*

**Illustrations:**

- Make a target for the passer
- Use a small ball to throw and catch
- Show passer where you want the ball
- Use right and left hands
- Hands ready for the pass
- High throw
- Medium throw
- Low throw

**Timers:**

- 15 MINUTES
- 5-10 MINUTES

### Reflection:

What do you need to do to make a ball / object travel further?

What can you do to be more accurate when throwing towards a target?

Would be great to see your ideas on twitter

@hamsteadhallsgo

Also use the following

#StayInWorkOut

#StayHomeStayActive



# Leadership Thursday



Today's School Games Value are:

Self-Belief and



Respect

**Traffic Lights**

Learners can practice giving instructions that are loud and clear by taking on the role of 'caller' in games such as traffic lights.

Learners move around the working area as instructed by the caller (jogging, skipping, jumping and so on). The caller shouts a command and the learners must all do the relevant actions.

- ★ Red - stop and stand still.
- ★ Amber - sit down.
- ★ Green - run around.
- ★ Reverse - walk backwards.
- ★ Speed bumps - jumping.
- ★ Traffic jam - line up one behind the other.
- ★ Roundabout - get in a circle.
- ★ Taxi - piggy back.
- ★ Zebra crossing - lay down, arms and legs stretched.

There are many different variations on this activity, including beans and north, south, east and west (port and starboard). The theme of the game doesn't matter as much as your learners having the opportunity to shout the instructions.

**Teaching point**

Encourage learners to think about how they are communicating to others.

**Learners should:**

- ★ Give instructions that are clear and accurate.
- ★ Use a demonstration to support verbal communication as necessary.
- ★ Stand so that they can be seen and heard when leading.

**Extension activity**

Learners can create their own version of this activity. They might be given, or choose for themselves, a specific theme around which to base their commands and actions. For example; sports, farmyard, space travel, and so on.

Play the traffic Lights game think about how you communicate what you want others to do.

## Reflect on:

Is your voice loud enough? Can everyone hear you? What do you need to do if people move further away from you, so that they can hear you?

## Extension Activity:

Create a new version of the traffic lights game above – names of animals / colours etc could be assigned actions.

Share your game ideas on twitter

@hamsteadhallsgo

Also use the following

#StayInWorkOut

and

#StayHomeStayActive

Best game ideas will be used to produce a Leadership Handbook for Schools in the  
Hamstead Hall School Games Partnership



# Fun Friday

Today's School Games Value are:



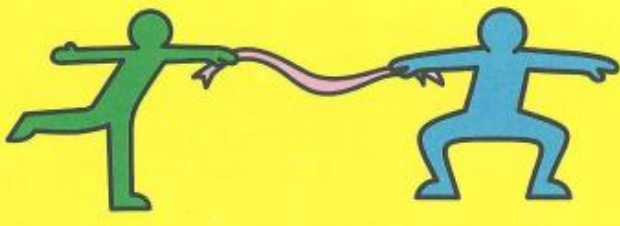
Determination



Respect

## martial moves

Create routines with  
imaginative (and controlled)  
martial arts action



### how to play

Players link martial arts moves to create slow fluid movements from one action to another, like the Brazilian 'fight dance', Capoeira.

In pairs, try the moves below, working as a pair and responding to each other's actions. Be sure to do them in slow motion and stay connected to your partner with a ribbon you each hold at one end. Stay responsive to each other!

Side kick - feet apart, lift and push one leg out to the side

Boxing punch - elbows bent, fists clenched small, punch slowly left and right

Jab - alternate arms, punch straight out in front

Body swerve - bend low, turn sharply right or left and stand up

Duck - swoop down like a bird

Safety: make sure there's lots of space.

Note: remaining in contact with each other means visually impaired young people can join in.

### equipment

Pictures or a video of Capoeira are useful to show as inspiration, equipment to help players stay connected, like hoops, ribbons or even a scarf, lots of space.

### sporting connection

You'll need lots of control to master this activity! It will help you get strong muscle control for good balance and slow controlled movements - skills needed in dance, gymnastics and synchronised swimming.

### did you know?

The next Olympic Games after 2012 will be held in Brazil in 2016. They have a very famous martial art called Capoeira made up from dance, martial arts and sport.

Use your imagination to create your own 'Actions'

This can be done as an individual, pairs or small group but remember to stay 2m apart.

Share your animal action ideas on twitter

@hamsteadhallsgo

Also use the following

#StayInWorkOut

and

#StayHomeStayActive

Best animal actions will be used in future Change4Life City Events at the Birmingham Winter and Summer School Games



# Sporty Saturday



Today's School Games Value are:

Honesty

## GAME DANCE IT

- Ensure all players are standing in plenty of space.
- Demonstrate the 'Dance It' moves shown in the diagram to the group.
- When everyone is ready, shout out the action commands (apart from 'Dance It').
- Players must perform the action as quickly as possible.
- Speed up the commands once everyone has got the hang of them.
- Shout 'Dance It' to end a chain of commands. Players must freeze still in position after they have jumped in the air.
- Start shouting the commands to start the game again.

### Ben says:

The B Energetic Crew love to play Dance It because it is fun and easy to play. Now you know how to play it, you can play it again with your friends.

**Equipment Needed:**  
Cones (to mark out area)

## DANCE IT



Kick It (kick one leg out)



Twist It (twist body half way round and back)



Stomp It (stomp one foot on the floor)



Box It (shadow box)



Spin It (spin around)



Pull It (pull two levers down)



Dance It (jump in the air and freeze in pose on landing)



## PROGRESSION!

- Ask players for another command that you could introduce.
- Introduce jogging around in between commands to players.
- Add in elimination on the 'Dance It'. The last player/players to jump and freeze on landing need to sit down for the rest of the game.
- Add multiple lives so that players stay active longer.
- If a player misses an action, they are eliminated and must sit down.
- Continue until a winner is found.

You could play music in the background, turn it down to call

Share your cheerleading ideas on twitter

@hamsteadhallsgo

Also use the following

#StayInWorkOut

and #StayHomeStayActive



# Super Sunday



Today's School Games Value are:

Self-Belief and

Determination

## WARM UP GAME! BREAKFAST BUFFET

Energy Club members get into pairs and have one ball between two.

The pairs label themselves A and B and each decide on two different things they like to eat for breakfast. For example, A may say "toast and cornflakes", B may say "sausages and waffles". Decide which of their breakfast foods represents right and which represents left (toast = right, cornflakes = left for example).

A and B stand three to five metres apart (they can pick a distance they feel happy with). A faces B but B has their back to A. A will shout out one of B's breakfast foods, B must turn to the right or left (depending on which food was called). A throws the ball for B to catch, B returns it and turns back to face the other way. A shouts the other breakfast food and B turns again, (left or right depending on what was called), to catch and throw the ball.

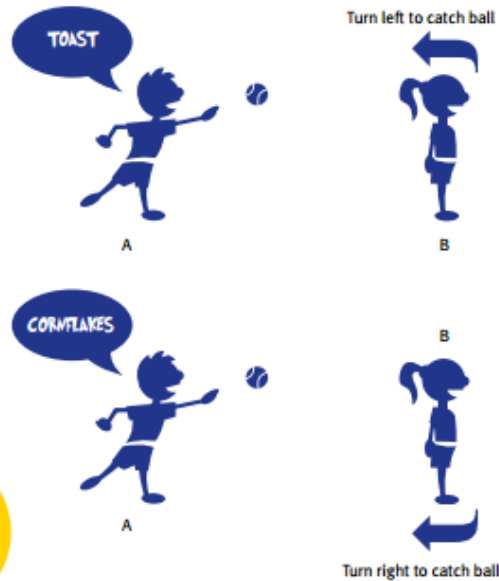
Once players have got the hang of it, the caller can speed up the shouts, throw the ball more to the side, add a bounce to the pass and so on.

After a few minutes swap roles and repeat.

**Equipment  
Needed:  
Balls**

The B Energetic Crew are hungry and ready for their breakfast. What do you think they'll choose? If you want to join the crew, they'll be looking to see what you eat for your breakfast...

## BREAKFAST BUFFET



### Health tip from MEND:

The B Energetic Crew would never miss breakfast.

Q Does anyone know why it is important for us to eat breakfast?

- Gives you energy to get through the day.
- Brain food that helps you to concentrate at school.
- Stops you from snacking on unhealthy food like sugary, fizzy drinks, crisps and chocolate.
- Gives you important nutrients, like calcium in milk, fibre in cereals (that helps us go to the loo) and power vitamins and minerals in fruit.

### PROGRESSION!

Apart from throwing the ball in more challenging ways (more to the side, adding a bounce etc), you could add another ball so that when the player turns both players throw and receive balls from each other at the same time.



## School Games

- Virtual Competitions
- Personal Challenges

## Virtual Competitions

Birmingham School Games Organisers are developing a Birmingham Virtual Games Online App which should be ready very soon – it will allow schools in the City to compete against one another as well as individual children to compete against other children across the City.

### For now you can get involved in the School Games Active Championships

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa! New challenges will be available every Monday, Wednesday and Friday to engage with.

Primary and secondary-aged children can join the School Games Active Championships at any time with free active challenges being set via videos within a designated School Games version of the TopYa! Active app. All they need to do is download the app and type in the Invite Code **23880**.

Children practise the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches. Points are earned for each video submitted, leading to climbing leader boards and winning prizes!

The TopYa! Active app is committed to online safety and meets rigorous COPPA and GDPR safeguarding standards. No one can communicate within the app. All children can do to communicate with one another is give each other a virtual 'high-five', which functions like a social media 'like'.

Video content is suitable for young people of all ages and abilities, with regular submissions from National Governing Bodies of Sport.

### How do I get involved?

#### Children:

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Player (child) account
3. When prompted to enter an Invite Code enter **23880** and then choose Primary or Secondary School League based on which type of school you attend

If you are under 13 years old, ask your parent or guardian set up the TopYa! Active account first, and then create player (child) accounts afterwards.

#### Teachers and SGOs:

When downloading TopYa! Active for the first time from the App Store or Google Play:

1. Create a new PLAYER account
2. Enter invite code: 23880 during account creation
3. Select BOTH the Primary School League and Secondary School League when prompted to join a Team or School Age Group
4. Enter your actual birth date during signup

If you already have a TopYa! Active account:

1. CREATE A NEW PLAYER ACCOUNT - PLEASE DO NOT USE YOUR EXISTING TOPYA ACCOUNT
2. Follow the instructions above

#### Parents:

Create your own account, and then create your young person's account(s). Skip the invite process and simply tell them their username or let them use your device to submit challenges. (They need your permission to use



the app if they are younger than 13). All activity on the app is COPPA and GDPR compliant, providing a safe online space for children to complete skill challenges, upload videos and get thoughtful virtual coaching feedback.

Follow these steps:

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Parent account
3. When prompted to enter an Invite Code enter **23880** and then choose Primary or Secondary School League based on which type of school your child attends
4. Then create your kid(s) account(s)
5. Let them work on the activities on their own device or film and upload videos from your device on their behalf!

## School Games Personal Challenges (Monday to Saturday) **'Be the best you can be'**

These are 60 second challenges you can do a few times during your day to try to improve your score or you can compete against someone else in your family.

### Movement Monday

**60 Second Challenge**  
**Bean Bag Throw**

*Can you focus, concentrating on the target?*

**The Physical Challenge**  
How many times can you throw a beanbag into a hoop in 60 seconds?  
Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

**#StayHomeStayActive**

**Equipment**  
A beanbag and a hoop  
If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

**Achieve Gold** 30 Throws

**Achieve Silver** 25 Throws

**Achieve Bronze** 20 Throws

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future

### Mindful Tuesday

**60 Second Challenge**  
**Burpees**

*Do you keep trying even when you want to give up?*

**The Physical Challenge**  
How many burpees can you complete in 60 seconds?  
Make sure you extend your legs back once you have lowered yourself to the ground.

**#StayHomeStayActive**

**Equipment**  
Just yourself and enough space on the floor!  
If you find it tough do not perform the leg extensions.

**Achieve Gold** 30 burpees

**Achieve Silver** 20 burpees

**Achieve Bronze** 10 burpees

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future

### Wonderful Wednesday

**60 Second Challenge**  
**Catch and Clap**

*Which skills do you think will be key to succeed?*

**The Physical Challenge**  
How many times can you throw a ball up, clap once and catch it in 60 seconds?  
The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

**#StayHomeStayActive**

**Equipment**  
A ball  
If you do not have a ball use a toilet roll or pair of socks.

**Achieve Gold** 35 catch and claps

**Achieve Silver** 25 catch and claps

**Achieve Bronze** 15 catch and claps

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future

### Leadership Thursday

**60 Second Challenge**  
**Step Ups**

*Can you focus, concentrating on the step?*

**The Physical Challenge**  
How many times can you step up and down a step in 60 seconds?  
You must step up and down with one foot at a time. No jumping!

**#StayHomeStayActive**

**Equipment**  
A step  
If you do not have a step use a foot pouffe or a stool.

**Achieve Gold** 70 Step Ups

**Achieve Silver** 45 Step Ups

**Achieve Bronze** 30 Step Ups

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future

### Fun Friday

**60 Second Challenge**  
**Climb the Mountain**

*Can you keep going even when you are tired?*

**The Physical Challenge**  
How many mountain climbers can you complete in 60 seconds?  
Make it harder by performing a press up after you bring both legs up.

**#StayHomeStayActive**

**Equipment**  
Just yourself and enough space on the floor!  
Why not compete against a family member?

**Achieve Gold** 40 Mountain Climbers

**Achieve Silver** 30 Mountain Climbers

**Achieve Bronze** 20 Mountain Climbers

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future

### Sporty Saturday

**60 Second Challenge**  
**Speed Bounce**

*Are you honest? Only count the jumps that are completed properly.*

**The Physical Challenge**  
How many times can you bounce over a pillow in 60 seconds?  
Both feet must land over the pillow for the jump to count.

**#StayHomeStayActive**

**Equipment**  
A pillow  
If you do not have a pillow, jump over a safe object!

**Achieve Gold** 80 Bounces

**Achieve Silver** 60 Bounces

**Achieve Bronze** 40 Bounces

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## Active Cross-Curricular Challenges

### Maths:

You can set a time for each activity / question or for the entire work sheet

Children should try to be physically active as much as possible – encourage walking fast, running, hopping, jumping, skipping (without a rope) etc.

### Activities for Key Stage 1 – Year 1 and 2

# HOME Challenge Sheet

## Year 1 and 2

**1**

**How many steps?**

Count how many steps it takes you to get from one side of the room to the other. Which room takes the most steps?

**2**

**In height order**

Collect 5 items that you can hold in your hands. Now order the items from tallest to shortest.

**3**

**Doors or windows**

Count the number of windows in your house.

Count the number of doors in your house.

Do you have more doors or windows?

**4**

**Numbers all around!**

How many items in your house have a number on them? TV remote control, clock, etc.

Which object has the most numbers?

**5**

**Traffic lights**

Look around your house for red, yellow and green items. Every time you see an item of this colour write it down.

Which colour is the most popular?

**6**

**Weigh it up**

Collect 10 items from your house. Order them from lightest to heaviest. Now order them from tallest to shortest.

**7**

**How many body parts?**

How many people are in your house?

How many eyes in total?

How many legs?

How many noses?

How many toes?

**8**

**2D Shape Hunt**

Count how many of the following shapes you can find in your house.

Squares

Rectangles

Triangles

**9**

**How many handles?**

Count how many handles are in your house. Look for doors, cupboards, windows etc. How many did you find?

**10**

**Maths on the Move number trail**

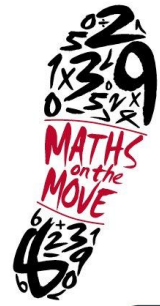
Download and cut out the question cards and follow the answers around the house. [Download](#).

For question 10 you will need to download additional information by going to:

<https://www.aspire-sports.co.uk/programme/maths-move-home-challenges>

Click on download on the appropriate sheet.






# HOME Challenge Sheet


**Year 3 and 4**

**1 Estimate & measure**




Find 5 items that are under 30cm. Estimate their length. Now measure them with a ruler. How close were you?

**2 3D shapes**



Can you find any of the following 3D shapes around your house?  
**Cuboid, cylinder, pyramid, cone, sphere.**  
Which do you have the most of?

**3 Count and multiply**



Guess how many cupboards and drawers you have in one room of your house.

Now go and count them!


Multiply the two numbers together!

Now visit other rooms. Which room gives you the highest total?

**4 Symmetry**


Make a symmetrical shape out of items around your house.

**5 Roman numeral sticks**



Using spaghetti or pencils or lolly sticks can you make all of the numbers from 1 to 50?

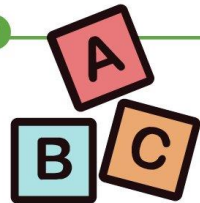
**6 Stop the clock burpees**



Use a stopwatch to time yourself doing 10 burpees. Have five attempts and record the times. What was the fastest time?

What was the difference between the fastest and slowest time?

**7**



5 minutes to find as many items as possible that begin with the letter **A**

5 minutes to find as many items as possible that begin with the letter **B**

5 minutes to find as many items as possible that begin with the letter **C**


How many items did you find in total?

Which letter of the alphabet do you think would give you the most items?

**8 Parallel and Perpendicular**

Are you able to find 5 examples of parallel lines and 5 examples of perpendicular lines in your house?

**9 How many handles?**



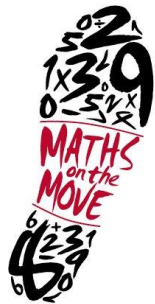
Count all of the handles in each room of the house. Plot a bar chart to show which room has the most handles.

**10 Maths on the Move number trail**

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

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# 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**

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](#).

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