



Home Physical Education and Physical Activity Ideas

-

PRIMARY

Monday 4th May 2020 – Sunday 10th 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 three 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

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 4th May – Sunday 10th May 2020

All activities instructions can be found in the booklet.

Movement Monday	Mindful Tuesday	Wonderful Wednesday	Leadership Thursday
<p>P.E. Theme Athletics - Jumping: Complete the appropriate resource card OR select a variety of activities.</p> <p>Physical Movement and Play – Bowling Activity.</p> <p>Physical Challenge – Around the World Activity.</p> <p>TopYa School Games Championship Activity (Requires log in to TopYa App).</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities from the card.</p> <p>Physical Movement and Play – Circus Yoga.</p> <p>Physical Challenge – Bunny Jumps Activity.</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities from the card.</p> <p>Physical Movement and Play – Standing Long Jump.</p> <p>Physical Challenge – Figure 8 Activity.</p> <p>TopYa School Games Championship Activity (Requires log in to TopYa App).</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities from the card.</p> <p>Physical Movement and Play – Design a game and play.</p> <p>Physical Challenge – Obstacle Course Activity.</p>
Fun Friday	Sporty Saturday	Super Sunday	Other websites
<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities.</p> <p>Physical Movement and Play – Animal Mania.</p> <p>Physical Challenge – Skipping Activity.</p> <p>TopYa School Games Championship Activity (Requires log in to TopYa App).</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities.</p> <p>Physical Movement and Play – Cheer Motion Activity.</p> <p>Physical Challenge – Squat Jumps Activity.</p>	<p>Continue to practise some of the P.E. Theme Athletics – Jumping activities OR select a variety of activities.</p> <p>Physical Movement and Play – Skip to It Activity.</p>	<p>https://www.bbc.co.uk/teach/supermovers - Maths, English and other skills through physical activity.</p> <p>https://plprimarystars.com/ - Maths, English, Personal and Social skills through physical activity.</p> <p>https://www.yourschoolgames.com/sgo/hamstead-hall/ - 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 @hamsteadhalls go use the #StayInWorkOut



Curriculum Physical Education which includes opportunities to:

- Experiment (Explore)
- Learn (Practice 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 – Athletics (Jumping Skills)

Activities for aged 3 – 5 years (Early Years)



#stayhomestayactive
#PEatHome

EXPLORE

Find a safe space.
How many different animals do you know that jump, hop or leap?

Bright ideas:

Try out lots of different ways of hopping, jumping and leaping in your space.

Can you add some jumping music to make this more fun?

@KESSPB
@awhitehousePE
@SarahLayPE

PRACTICE

Find 10 small soft objects You can use your toys to help you!

Jump OVER them.
Jump AROUND them.
Jump BEHIND them.
Jump IN FRONT of them.

Tell your family which jumps you like best.
Can you say why?

Communication and Language

Find out how to play 'Simon Says'

Play this with your family using the animals we thought about when you explored your jumping.
Simon Says "jump like a frog"
Simon Says "hop like a grasshopper"

What other 'Simon Says' can you come up with together?

Where can I go to take part in more athletics?
<https://clubhuluk.co.uk/clubs/roverbeeth-athletics-club/>
<https://www.birchfieldharriers.com/>
<https://rscac.co.uk/>

BIRCHFIELD HARRIERS

DEVELOP

Time to work on landing without any wobbles!

Put down a small square of paper – make sure it won't slip!

Jump ONTO your paper.
Jump OFF your paper.

Top Tips for wobble free landings

Land feet apart
Bend your knees
Stretch arms out in front
Keep your head up
Look straight ahead.

Understanding the World

Did you know this about kangaroos?

- * They can hop quickly on 2 legs, and they can walk slowly on 4 legs.
- * They can't walk backwards.
- * They can swim!

Can you find out where kangaroos live and any other fun facts about them?

Parent's Tip!

Allow your child to explore lots of different ways of jumping, hopping and leaping. Encourage them to be creative!

EYFS

Make sure you have enough room to complete the tasks!

[Share your skills on twitter @hamsteadhallsgo use the #StayInWorkOut](#)



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

#stayhomestayactive
#PEatHome

EXPLORE

Find a small space ideally with a soft landing.

How many different ways can you find to jump?

Bright ideas:

- How far can you jump?
- How high can you jump?
- Can you jump from side to side?
- Can you jump and turn?

Can you jump far, high, right, left, backwards, forwards and repeat?

Now add some music to your jumping to make it more fun.

@KESSPB
@awhitehousePE
@SarahLayPE

PRACTICE

Draw out a hopscotch like this one to practice your jumping
You can use chalk, tape or squares of paper.

Start on number 1

- * Can you jump forwards and sideways on to each number in order?
- * Can you jump far over the double numbers?
- * Can you jump high in the air and land carefully on every number or just odds and evens?

Maths Challenge!

Draw a clock on the floor with chalk or mark the position of the numbers with small objects

Pretend you are the hands of the clock!
Start in the middle and jump with two feet

- * Jump to 12 o'clock and back
- * Jump to half past and back
- * Jump your way around the clock from 1 - 12 and back again from 12 - 1

DEVELOP

Can you draw out your own hopscotch grid and practice improving your jumping?

Look up the rules of hopscotch
Can you teach a member of your family how to play?

Invent your own rules for your hopscotch grid and challenge your family to play.

Parent's Tip!
Let your child be the teacher!
They will love coming up with ideas and telling you what to do. You will be amazed at how creative they are.

Design Technology Challenge

Can you draw around your family's feet?

Can you cut the feet out?

Put them in a line, toe to heel.

Can you jump the length of your family's feet?

Make sure you have enough room to complete the tasks!

KS1

Share your skills on twitter @hamsteadhallsgo use the #StayInWorkOut

Activities for Year 3 – 6 (Key Stage 2)

#stayhomestayactive
#PEatHome

EXPLORE

Find about 10 small objects - balls of screwed up paper, rolled up socks, or small soft toys will do. Spread them out on the floor/ground. Put some in pairs and some on their own.

Bright ideas:

- Jump over the paired objects with 2 feet, and the single objects on one foot.
- Find as many different ways of jumping over your objects on 2 feet or 1 foot.
- Can you create a route or circuit for your jumping?

Add in doing this to music for some extra fun!

@KESSPB
@awhitehousePE
@SarahLayPE

PRACTICE

Use your objects to make a V shape

Start at the narrow end and jump across from one side to the other. Try using 1 foot and 2 foot jumps first. Then just jump 2 feet to 2 feet.

See how far along you can jump across your 'V'.

How did it feel when you jumped further each time you practiced this?

Maths Challenge!

Measure the distance of your longest jump.
Can you write that as metres (m), centimetres (cm) and millimetres (mm)?

Which is the best unit of measure to use for measuring standing long jump? Why do you think this?

DEVELOP

Use these Top Tips to help you jump further:

- * Start with your knees bent.
- * Swing your arms and reach forwards as you jump.
- * EXPLODE up and forwards using your legs and toes to push off.

Can you create an instructions poster for practicing and improving a standing long jump?

Give your instructions to someone in your family and ask them to use them to improve their technique.

Parent's Tip!
Start with a narrow 'V' and gradually increase it as your child improves.

Standing Long Jump was last in the Olympic Games in 1912

- * Can you find out who won the Gold medal and how far they jumped?
- * Can you find out who the World Record holder is now?
- * What other sport does this person play?
- * What is the current World Record and when was it achieved?

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:


Determination

Bowling

Home Physical Education

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you play fairly and keep the score?

Can you keep focused on the targets and roll accurately?

Top Tips


Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?



YOUTH SPORT TRUST

25 YEARS

Believing in every child's future

Would be great to see your ideas on twitter

@hamsteadhallsco

Make it easier or harder:

Space = move closer or further away from targets

Task = have more or less targets, smaller or larger targets

Equipment = use different types, sizes of balls or use other things e.g. bean bags, rolled up socks etc.

People = can be an individual competition or a team competition

Think of other and **try** things you could do with this activity: (some examples follow)

- Give targets a number and when you hit a number of targets make it a mathematical problem (add, subtract, multiply, divide etc)
- Put letters on targets and spell words (words can be written down on cards that players select and then have to hit targets in correct order or for more able players they can spell their own words of 3, 4, 5 or 6 letters)
- Have coloured targets and players have to hit colour selected by opponent

Use your imagination to create other ideas





Hold each pose for 5 seconds

Can you hold for 10 seconds

How long can you hold each pose for?

CIRCUS YOGA

1. Pretend to be balancing on a tight rope.

How to practice Tree Pose:

Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf, and balance. Pretend to be balancing on a tight rope. Switch sides and repeat the steps.



2. Pretend to be lifting heavy weights.

How to practice Horse Stance:

Stand with your legs apart, feet facing slightly outward. Bend your knees and stand firm as if you're lifting a heavy weight above your head. Or you could pretend that you have another circus performer standing on your shoulders.



3. Pretend to be doing the splits.

How to practice Lunge Pose:

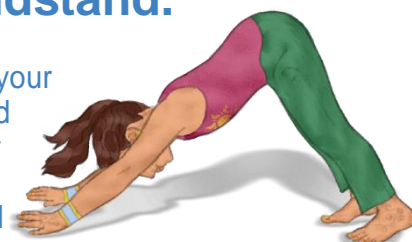
From Horse Stance, come to a standing position. Then, on an exhale, do a swan dive to a Standing Forward Bend. Place your palms flat on the ground. Inhale, and on an exhale, step your right foot back into a lunge, bending deeply into your front left knee while ensuring that your knee is aligned above your ankle. Keep a flat back and open your chest. Pretend to be warming up to do the splits. You could certainly do the splits if that's available to you. Switch sides and repeat the steps.



4. Pretend to be getting ready to do a handstand.

How to practice Downward-Facing Dog Pose:

Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air. Check that your palms are flat on the ground and that your fingers are spread out evenly. Stay here or take baby steps forward to bring your torso right over your arms in preparation for a handstand. Again, you could do a full handstand if you're able.



5. Pretend to be reaching for the next trapeze swing.

How to practice Locust Pose: Come to lie on your tummy, lift your chest and shoulders and look up. Pretend you are a trapeze performer flying from one swing to another. You could also extend up into a full Bow Pose.



Can you write a 'yoga' story using the poses above and act out your story.

Wonderful Wednesday



Today's School Games Value is:

Honesty

Standing Long Jump

Home Physical Education

How to play:

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?

Can you focus on your technique and concentrate on your landing?

Can you keep trying even if you miss the target?

Top Tips

Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

Let's Reflect

What did you learn after each jump?

How did you keep focused?

SAFETY CHECK

Make sure the area is safe for you to jump long distance in – there should be nothing you could crash into.

Land on your feet **NOT** your hands, arms or face.

Things you could use instead of a marker:

Soft toy
Can
Chalk mark
String
Stick

Reflection:

What happens when you swing your arms faster?

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

Birmingham Play Leaders Log Book > Design a Game

Design a Game

Name:

School:

Name of the Game:

Number of players:

Equipment needed:

Aim of the Game/Game rules:

STEP points to consider:

- SPACE
- TASK
- EQUIPMENT
- TIME

Birmingham School Sports Partnerships

Select some equipment you want to use.

What is the aim of your game?
What do you want players to do?

Think about where you want to play your game.

Do you need a pitch / area marked out? How will you do this?

Create the rules to help you play your game

Will there be winners / losers or is your game about participating?

If your game involves scoring goals / points how will a player score?

How many players / teams does your game need?

Think about how you could make your game easier or harder using STEP:

Space:

Task:

Equipment:

People:

Play the game you have created – discuss with others how well they liked your game, what they liked most and if there is anything they would like to add to improve your game.

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:



Honesty

animal mania

Which animal will you most like to be?



how to play



Get into pairs and face each other, arm distance apart. Jog on the spot and when the leader calls out an action, step to it. Then jog on the spot and wait for the next one.

The actions are:

- Sleeping ant** - lie on your back and wriggle your arms and legs in the air.
- Good dog** - kneel on your hands and knees and be completely still.
- Cunning fox** - one of you stands feet apart whilst the other crawls through your legs.
- Batty bat** - stand back to back and hold hands with your partner through each other's legs.

Safety: Allow plenty of space.

equipment

Just a loud voice.

sporting connection



Being able to go from a standing position, to a low crouching position and back again, are skills you need for judo and wrestling.

did you know?

Taekwondo - which means 'the way of foot and fist' - made its debut as a medal sport at the 2000 Olympics.

Use your imagination to create your own 'Animals' and 'Animal Actions'

Rather than calling out you could create some posters / pictures with your animals on and when you hold them up others have to do the action.

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:



Teamwork

cheer motion

Create your own all-action cheerleading routine



how to play



Here are some basic cheerleading moves – or you can invent your own! Remember to keep your fists clenched, thumbs tucked in:

- High-V** Feet apart, raise both arms up in the air to create a 'V' shape
- Low-V** Feet apart, point both arms down and out a little to create an upside down 'V'
- High-punch** One hand on the hip, the other punched high into the air
- Table top** Both hands closed together in front of the body as if you're holding a tennis ball, elbows tucked into the waist
- Half 'T'** Hands clasped at chest height, elbows out to the side forming a small 'T' with the body
- 'T'** Arms spread out to the side of the body

Safety: ensure there is enough space between groups.

equipment



Music, cheerleading pom-poms, scarves, jingle bracelets.

sporting connection



This activity really helps with lots of skills! It especially helps you link moves into a sequence. That's really useful for sports like cheerleading and the Olympic sports of gymnastics and synchronised swimming.

did you know?

Cheerleading is bidding to become an Olympic sport in time for 2016 in Rio de Janeiro, Brazil. Also the first recognised cheerleader was male.

Share your cheerleading ideas on twitter

@hamsteadhallsgo

Also use the following

#StayInWorkOut

and

#StayHomeStayActive



Super Sunday



Today's School Games Value are: Self-Belief

skip to it

Skip over a rope in different fun ways



how to play



Skipping is one of the main ways that athletes can stay fit. Here are a few ideas on how to jump up, jump up and jump around. Each skipper has a rope and needs to pick up the rope and do four double-footed jumps facing left, then four facing right and another four facing forwards. Keep going for three minutes. Too easy? Try it backwards! Or have another skipper do a freestyle routine at their speed while you mirror them.

Want a change? Try jumping in different directions, facing left, facing right and facing forwards or adding a heel tap – where you tap your heel to the ground after each jump.

Safety: ensure there is enough space between skippers, practise moves slowly before speeding up and make sure players stay aware of others.

equipment

Short skipping ropes, lots and lots of space!



sporting connection



This is great for agility, flexibility, balance and co-ordination. They're all key skills you'll need in the sports of gymnastics on the floor and vault, rhythmic gymnastics, cheerleading and jump rope (the official name for the sport of skipping)

did you know?

The world record for skipping is 200 jumps in 30 seconds! Skipping is a key piece of training for many Olympic sports where footwork patterns are important, like gymnastics.



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 the 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)

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
Around the World

The Physical Challenge
How many times can you pass the ball around your waist in 60 seconds?
If you drop the ball you need to pick it up quickly and carry on.

#StayHomeStayActive

Equipment
A ball
If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold
50 Times around your waist.

Achieve Silver
40 Times around your waist.

Achieve Bronze
30 Times around your waist.

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

Mindful Tuesday

60 Second Challenge
Bunny Jumps

The Physical Challenge
How many bunny jumps over a bench or stool can you complete in 60 seconds?
Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.

#StayHomeStayActive

Equipment
A bench or a stool*
*Make sure that the object you are jumping over is fixed to the floor.
If you do not have a bench or stool place two hands on the floor and jump side to side.

Achieve Gold
80 Bunny Jumps

Achieve Silver
60 Bunny Jumps

Achieve Bronze
40 Bunny Jumps

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

Wonderful Wednesday

60 Second Challenge
Figure of 8

The Physical Challenge
How many times can you pass the ball through both of your legs in 60 seconds?
If you drop the ball you need to pick it up quickly and carry on.

#StayHomeStayActive

Equipment
A ball
If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold
35 times through your legs

Achieve Silver
25 times through your legs

Achieve Bronze
15 times through your legs

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

Leadership Thursday

60 Second Challenge
Obstacle Course

The Physical Challenge
How many obstacles can you run around or jump over in 60 seconds?
Be creative! Place out objects, pillows, teddies around the space. Each time you jump over an object you score a point.

#StayHomeStayActive

Equipment
Lots of objects and a enough space on the floor!
Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold
45 points

Achieve Silver
30 points

Achieve Bronze
15 points

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

Fun Friday

60 Second Challenge
Skipping

The Physical Challenge
How many times can you skip in 60 seconds?
Both feet must land over the rope for the skip to count.

#StayHomeStayActive

Equipment
Skipping rope
If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

Achieve Gold
70 skips

Achieve Silver
50 skips

Achieve Bronze
30 skips

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

Sporty Saturday

60 Second Challenge
Squat Jumps

The Physical Challenge
How many squat jumps can you perform in 60 seconds?
Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive

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

Achieve Gold
30 Squat Jumps

Achieve Silver
20 Squat Jumps

Achieve Bronze
10 Squat Jumps

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

