

# 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**  
Rainbow Targets

**Equipment needed**

- ✓ 7 Balls (rolled up socks).
- ✓ 7 Coloured Targets

**School Games value**



**TUESDAY**

**Activity overview**  
Agility – The T Test

**Equipment needed**

- ✓ 4 markers to create a T shape
- ✓ 1 ball or alternative – be creative!

**School Games value**



**WEDNESDAY**

**Activity overview**  
Standing Long Jump

**Equipment needed**

- ✓ 1 tape measure

**School Games value**



**THURSDAY**

**Activity overview**  
Sink the Stink

**Equipment needed**

- ✓ 10 pairs of rolled up socks or tennis balls or any alternative.
- ✓ Target area (waste paper basket, cardboard box...)
- ✓ Stopwatch or timer.

**School Games value**



**FRIDAY**

**Activity overview**  
Speed Bounce

**Equipment needed**

- ✓ Stopwatch or other alternative.
- ✓ Soft wedge item such a kitchen roll or rolled up towels.

**School Games Value**



RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN

  
EAST RIDING SSP (WEST)  
Partnered by Cottingham High School

THE SCHOOL  
**SPORT**  
PARTNERSHIP



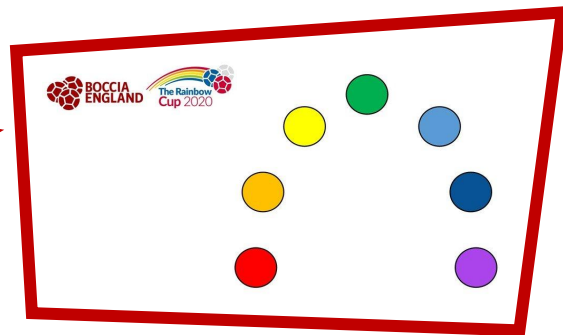
## Key Stage 1

# SENDING AND RECEIVING

## MONDAY



30mins



### ACTIVITY

#### Rainbow Targets

- Set up 7 targets, one for each colour of the rainbow.
- Targets need to be flat and placed as shown in the diagram.
- Each target has its own points value.
- Add up the total number of points you score after throwing all 7 balls.
- The maximum points you can score is 49!

- **Red** = 1 point
- **Orange** = 2 points
- **Yellow** = 3 points
- **Green** = 4 points
- **Blue** = 5 points
- **Indigo** = 6 points
- **Purple** = 7 points

#### MAKE IT EASIER...

Place the targets closer to where you throw from.  
Make the targets bigger.

#### MORE OF A CHALLENGE

Place the targets further away you throw from.  
Make the targets smaller.

### EQUIPMENT NEEDED

- 7 coloured flat markers / targets. These could be coloured paper or chalk.
- 7 balls (rolled up socks).



How can you demonstrate self belief throughout this challenge?

#### MAKE IT INCLUSIVE

Boccia is a fully inclusive sport. Players can use a ramp if they need to. Ensure your coloured targets are clearly visible. If players have impaired vision, you can adapt to have 7 different noises to identify the targets.

### TECHNICAL / TACTICAL

- In a game of Boccia, the white jack can be positioned anywhere on the court; far away, close to the edge or nearer your opponents. This game will help you practice throwing in different directions!

#### LEAD OTHERS

Create a different point system for your family or friends.

# Key Stage 1

# LOCOMOTION

# TUESDAY



30mins



## ACTIVITY

### Agility – The T Test

- Pick a safe area to complete the challenge. A hard surface, is preferred..
- Create a T shape using 4 markers – this can be as short or as long as you wish.
- A player must run from the bottom of the T shape, to the top middle marker and then either turn left or right. If a player turns left, they must remember to then run all the way across the T to the right side and visa versa!
- How quickly can you complete the T test?
- Can you jump, skip and hop the T Test, Start without a ball and then introduce the same T test but whilst running and controlling the ball, or bouncing a ball?

### MAKE IT EASIER...

Make your T shape smaller.

### MORE OF A CHALLENGE

Make your T shape bigger.  
Introduce rules i.e. players can only use their weaker foot when completing a turn or players must touch each marker with both hands.

### MAKE IT INCLUSIVE

Make the T smaller  
Complete the T test without a ball and purely focus on agility.

### LEAD OTHERS

With an adult or sibling, take on the role of the umpire and tally/score the number of points achieved.

## EQUIPMENT NEEDED

- 4 Markers to create a T shape.
- A ball or alternative – be creative!



How can you demonstrate passion throughout this challenge?

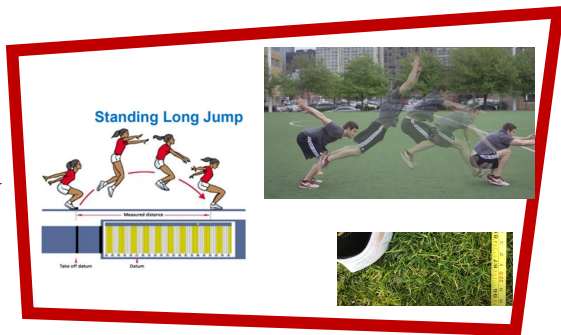
# Key Stage 1

# LOCOMOTION

# WEDNESDAY



30mins



## ACTIVITY

### Standing Long Jump

- PLEASE USE A FLAT, DRY SURFACE.
- Get Ready. You don't run on the approach to a standing long jump, you start from a complete stop.
- Explode Forward. After a few preparatory squats to get your rhythm, begin your jump. ...
- The participant should start from a standing position in line with "0" on the tape measure.
- Jump as far as possible landing on two feet. The participant must start on two feet and land on two feet.
- You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!
- Can you jump towards targets set by your family members?

### MAKE IT EASIER...

Jumpers may need to start with a one footed take-off and two footed landing.

### MORE OF A CHALLENGE

Try to complete two consecutive standing long jumps, provided you have enough safe space.

### MAKE IT INCLUSIVE

Wheelchair users could complete the challenge with one handed push and measure the distance, or how far can the powered chair user travel in 3 seconds?

### LEAD OTHERS

Let children be creative and introduce their own safe jumping distance challenges.

## EQUIPMENT NEEDED

- 1 tape measure



How can you demonstrate self belief throughout this challenge?

## Key Stage 1

# SENDING AND RECEIVING

## THURSDAY



30mins



### ACTIVITY

#### Sink the Stink

- Pick a safe area to complete the challenge.
- Place your target in the middle of that area.
- Spread the socks/balls around the area you wish to use.
- See how fast you can get the objects into your target.
- You can throw the socks/balls in or you can run and place them into it.

### EQUIPMENT NEEDED

- 10 pairs of rolled up socks or tennis balls or any alternative.
- Target area (waste paper basket, cardboard box...)
- Stopwatch or timer.



How can you demonstrate determination throughout this challenge?

### MAKE IT EASIER...

- Place the socks or ball alternatives closer to the target.
- Use a bigger target.
- Use less socks or ball alternatives.

### MORE OF A CHALLENGE

- Use a smaller target in a bigger space.
- Use more socks or ball alternatives.
- Place socks into the target to challenge cardiovascular fitness or throw them in to challenge your throwing accuracy.

### MAKE IT INCLUSIVE

This could be adapted by sitting on a chair with the socks next to you, throw the socks into a target. Move the target to create more of a challenge with a seated version for wheelchair or powerchair users.

### LEAD OTHERS

Time the challenge, offer suggestions for alternative targets, make two targets with two places to see who can collect the most.

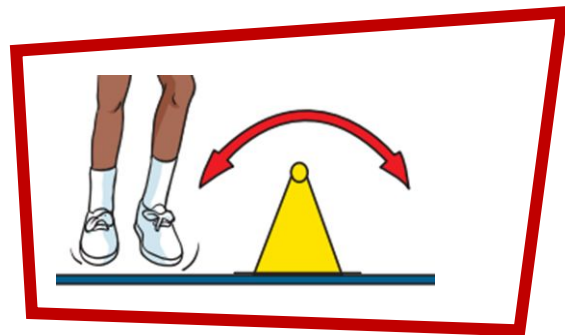
# Key Stage 1

## ATHLETICS

FRIDAY



30mins



### ACTIVITY

#### Speed Bounce

- All participants should wear suitable shoes that are fastened securely. Please use a flat, dry surface.
- The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.
- Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously (together) and land on the mat or floor simultaneously (together)
- All you need is a stopwatch, phone or tablet and a soft item – kitchen roll or rolled up towels, hose pipe, or a trainer are all examples of what can be used as an alternative wedge.

#### MAKE IT EASIER...

Reduce the height of the wedge or simply use a line on the floor.

#### MORE OF A CHALLENGE

Try other soft items as the wedge. How does the affect the score you achieve?

#### MAKE IT INCLUSIVE

Two parallel lines 2.5m apart are placed on the floor. The participant should then move and touch the two lines with both the front wheels of the chair in a set time. Or a participant's can step from side to side, placing both feet, or one foot, onto each line.

#### LEAD OTHERS

Encourage family members to join and encourage each other in the challenge.

### EQUIPMENT NEEDED

- Stopwatch or other alternative.
- Soft wedge item such a kitchen roll or rolled up towels.



How can you demonstrate passion throughout this challenge?