

# 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**  
Animal Freeze

**Equipment needed**  
✓ Space

**School Games value**



**TUESDAY**

**Activity overview**  
Floor is Lava

**Equipment needed**  
✓ Toys  
✓ Pillow/cushions  
✓ Bed sheet/ pillow case – be creative!

**School Games value**



**WEDNESDAY**

**Activity overview**  
Alphabet Run

**Equipment needed**  
✓ Paper  
✓ Pen/colours to write the letters

**School Games value**



**THURSDAY**

**Activity overview**  
Laundry Basket

**Equipment needed**  
✓ Basket  
✓ Any laundry, or an alternative  
**School Games value**



**FRIDAY**

**Activity overview**  
Aeroplanes

**Equipment needed**  
✓ Paper

**School Games Value**



RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN

  
EAST RIDING SSP (WEST)  
supported by Cottingham High School

THE SCHOOL  
**SPORT**  
PARTNERSHIP



# KEY STAGE 1

## LOCOMOTION

# MONDAY



30mins



### ACTIVITY

#### Animal Freeze

- Set up an area where you have enough room to perform a variety of different movements representing animals.
- Different animals shouted and for participants to act out the movements.
- When 'Freeze' is shouted participants must stand still and balance on 1 leg.
- Once balanced for 5 seconds the game will then continue.

### EQUIPMENT NEEDED

- Space
- Music or pictures if you wish



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

### MAKE IT EASIER...

Using your voice to say the animals and to also say 'Freeze'.

### MORE OF A CHALLENGE

Linking 1 or 2 of the animals together. Instead of saying 'Freeze' you may clap your hands. Encourage to balance not just on the same leg.

### MAKE IT INCLUSIVE

This can be done in a large space, small space however you wish to do so.

### TECHNICAL / TACTICAL

- The importance of moving around recognising the space and awareness of what is around you. Allowing participants to make their own decisions of what movements look like. Working on quick reaction to 'freeze and stay balanced.

### LEAD OTHERS

Create a point system for your family and if you lose balance you don't get a point.

# KEY STAGE 1

## LOCOMOTION

# TUESDAY



30mins



### ACTIVITY

#### Floor is Lava

- Using a variety of indoor equipment being creative, this can be used with cushions, mats, bed sheets etc.
- Challenge is to move around an area without touching the floor.
- You can start in one place and try get to a finish point, if you get to the finish point without touching the floor you gain a point.
- This game can also be done on a time limit.

#### MAKE IT EASIER...

Have more items to use to get from one area to the other.

#### MORE OF A CHALLENGE

Have less items to use.  
Distance of the items to be further away.

#### MAKE IT INCLUSIVE

Any items can be used to get from A-B such as a sofa.

#### EQUIPMENT NEEDED

- Pillow cases, cushions, chairs, other alternatives of your choice.



How can you demonstrate passion throughout this challenge?

#### LEAD OTHERS

Competition to see which family member can get the most points in a set time.

# KEY STAGE 1

# LOCOMOTION

# WEDNESDAY



30mins



## ACTIVITY

### Alphabet Run

- To start the game you need to have pen and paper.
- Use your pen and go through the alphabet A-Z on the paper, each piece of paper should have 1 letter on it.
- One the letter have been made ask someone to hide them around your home.
- The aim of the game is by finding the letters that have been placed around your home once a letter has been called such as; A - you would then need to go find the paper that has A on it. Once found move onto another letter.
- You can say just one letter or you may wish to say two or three at a time.

### MAKE IT EASIER...

Hide the paper in easier places such as; on the floor, stuck on the wall etc.  
Use numbers instead of letters

### MORE OF A CHALLENGE

Be creative with the hiding of the letters, such as underneath, behind, on top of objects.  
Point system for each time a letter that has been found.  
Time limit to find the colours.  
Instead of just saying one letter you may say two or three to find.

### MAKE IT INCLUSIVE

Letters can be placed anywhere so participants can find/see them.

## EQUIPMENT NEEDED

- Paper
- Pen.



How can you demonstrate self belief throughout this challenge?

## LEAD OTHERS

With a family member see who can get the most points by finding the most letters, see who can get all the letters the quickest.

## KEY STAGE 1

# SENDING AND RECEIVING

## THURSDAY



30mins



### ACTIVITY

#### Laundry Basket

- Using either a full or empty laundry basket and having it as a target zone.
- If a laundry basket isn't available and alternative can be used such as as; basket or box.
- Using items such as; rolled up socks, beanbags, scrunched up paper. Either underarm or overarm throw. Trying to get the items into the basket.
- If achieved you would get a point. Time limit can also be added to see how many items you can get in.

### EQUIPMENT NEEDED

- Basket or an alternative
- Items such as; rolled up socks, scrunched up paper or beanbags.



How can you demonstrate determination throughout this challenge?

### MAKE IT EASIER...

Have the basket closer to the participant to aim into.

### MORE OF A CHALLENGE

If you have access to more baskets use them so you have two or three target zones.  
Move the targets further away.  
Have a time limit to aim into the targets.

### MAKE IT INCLUSIVE

This could be adapted by sitting on a chair or on the floor and throwing the items into the target zones.

### LEAD OTHERS

Take it in turns with a family member and see who gets the most points.

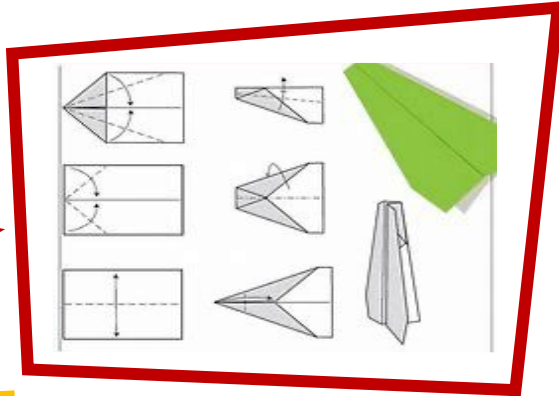
# KEY STAGE 1

## SENDING AND RECEIVING

FRIDAY



30mins



### ACTIVITY

#### Aeroplanes

Making paper aeroplanes and seeing how far they can throw their planes performing an overarm throw.

You can have targets for participants to aim for such as cushion, bottle or an alternative.

You can also have a competition to see who's aeroplane goes the furthest.

### EQUIPMENT NEEDED

- Paper
- Targets if you wish such as; box, bag, hat or any alternative you can think of.



How can you demonstrate passion throughout this challenge?

### MAKE IT EASIER...

Allowing participants to throw them at a certain direction.

### MORE OF A CHALLENGE

Add in a point system

Target zones such as; 3 areas or items that can be used as a point system being 5, 10, 15 points if your aeroplane lands or hits any of those targets.

### MAKE IT INCLUSIVE

This could be adapted by sitting down on a chair and throwing the aeroplane.

### LEAD OTHERS

Challenge with the family to see who can get their plane the furthest or the most targets to be hit/scored.