

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
Linking Body Parts
Balances

Equipment needed
✓ None

School Games value



TUESDAY

Activity overview
Aeroplanes

Equipment needed
✓ Paper
✓ Targets around the house

School Games value



WEDNESDAY

Activity overview
Build a Den

Equipment needed
✓ Random household items
✓ Chair
✓ Towel/Sheet

School Games value



THURSDAY

Activity overview
Alphabet Run

Equipment needed
✓ Paper
✓ Pen

School Games value



FRIDAY

Activity overview
Bowls

Equipment needed
✓ Socks
✓ Balls

School Games Value



RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN


EAST RIDING SSP (WEST)
Partnered by Cottingham High School

THE SCHOOL
SPORT
PARTNERSHIP



KEY STAGE 1

MONDAY



30mins

GYMNASTICS



ACTIVITY

LINKING BODY PART BALANCES

Last week your challenge was to balance on lots of body parts, this week we want to see how you can link these together.

1. Try and keep your body as still as possible during these balances, hold your muscles tight.
2. When moving to the next balance try and remain in control, so you don't fall.
3. How many can you do?
4. Which ones can you hold?
5. Which ones link the best?
- 6.

EQUIPMENT NEEDED

- None needed.



How can you demonstrate self belief throughout this challenge?

MAKE IT EASIER...

Start with easy balances, that include both feet

MORE OF A CHALLENGE

Can you do a small body part balance, then a large, then small etc.

MAKE IT INCLUSIVE

Do balances with both small and large body parts together.

LEAD OTHERS

Can other members of your family copy your balances?

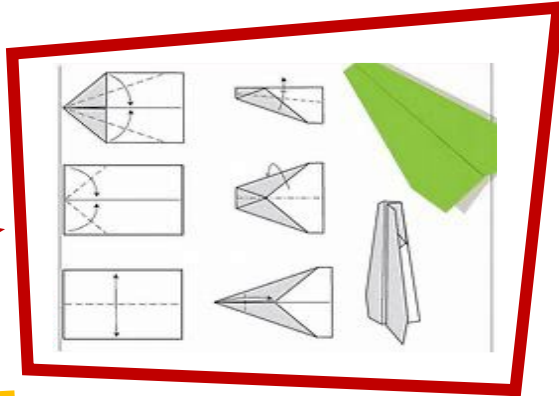
KEY STAGE 1

SENDING AND RECEIVING

TUESDAY



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.

KEY STAGE 1

LOCOMOTION

WEDNESDAY



ACTIVITY

Build an indoor playhouse/den

- Using a variety of indoor equipment being creative making a playhouse/ den.
- However rules consist of 1 thing, you must be able to go in and out of it.
- You can do this in a small space or large space it is totally your choice.

MAKE IT EASIER...

Have less items to use.

MORE OF A CHALLENGE

Have more items to use.
Have different compartments that lead to another section of the playhouse/den.

MAKE IT INCLUSIVE

Items can be placed in different positions high or low such as bed sheet over the sofa.

LEAD OTHERS

Competition to see which family member can create the best playhouse/den.

EQUIPMENT NEEDED

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

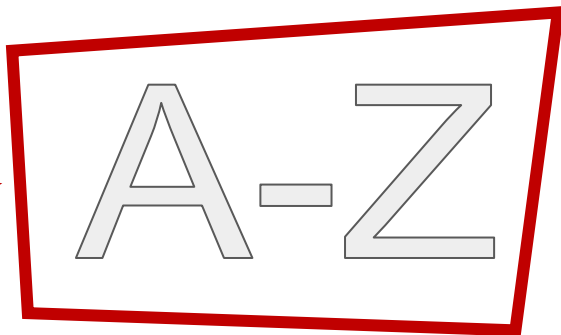


How can you demonstrate passion throughout this challenge?

KEY STAGE 1

LOCOMOTION

THURSDAY



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 words with two or three letters.
- Try to find the letters using different ways of travelling maybe: hopping, jumping, crawling, rolling etc.

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

FRIDAY FUN



30mins



ACTIVITY

Bowls

1. Roll your white socks into an area to create a target. This is known as a Jack.
2. Now should use your other socks to see if you can get close to the Jack
3. Can you play against someone else in your home to see who can get the closest? Take it in turn to throw the Jack.

MAKE IT EASIER...

Increase the size of the target item. Jack
Don't throw the Jack too far away from you

MORE OF A CHALLENGE

Throw the Jack further away from you
Use a variety of balls, instead of socks, which ones can you throw the most accurately.

MAKE IT INCLUSIVE

Socks/Balls can be thrown from a sitting position.

LEAD OTHERS

Encourage family members to join in.

EQUIPMENT NEEDED

- One white pair of socks
- Socks of different colours



How can you demonstrate honesty throughout this challenge?