

# Key Stage 2

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**  
Rounders

**Equipment needed**  
✓ A ball or a pair of socks

**School Games value**



**TUESDAY**

**Activity overview**  
Invasion Games

**Equipment needed**  
✓ A ball or pair of socks

**School Games value**



**WEDNESDAY**

**Activity overview**  
Gymnastics

**Equipment needed**  
✓ None, just a clear space

**School Games value**



**THURSDAY**

**Activity overview**  
Tennis

**Equipment needed**  
✓ A ball and a racket (frying pan?)

**School Games value**



**FRIDAY**

**Activity overview**  
Athletics

**Equipment needed**  
✓ A towel or blanket

**School Games Value**



RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN

  
EAST RIDING SSP (WEST)  
Partnered by Cottingham High School

THE SCHOOL  
**SPORT**  
PARTNERSHIP



## KEY STAGE 2

# STRIKING AND FIELDING

## MONDAY



30mins



### ACTIVITY

#### Bip it Bop It

- You will need someone in your family to shout instructions
- Stand in an open space with a ball
- You must listen out for the following instructions and be ready to act quickly.

Pat it – Pat the ball in the air with your palm and catch it.

Bounce it – bounce the ball on the floor and catch it.

Wind it – pass it around the body.

Swap it – swap the ball with someone else's.

Jump it – throw the ball in the air and jump to catch it.

Roll it – roll the ball, follow it and pick it back up before it stops.

Spin it – throw the ball up, spin around and catch it.

The leader should mix the order of instructions as the game progresses.

What other rules can you make?

### EQUIPMENT NEEDED

- 1 ball per person or a bundle of socks.



How can you  
demonstrate  
determination  
throughout  
this challenge?

### MAKE IT EASIER...

Master 3 instructions first before adding more  
Use a larger ball or balloon, instead of a Tennis ball.

### MORE OF A CHALLENGE

Add your own skills to the list, what can you call it?

Try a smaller object

Can you play with your family? If you get one point per completed instruction, who can score the most? Or who can get to 30 first?

### MAKE IT INCLUSIVE

Use different balls for each person

### LEAD OTHERS

Let your family be creative and introduce their own rules!

## KEY STAGE 2

# TUESDAY

## INVASION GAMES

### ACTIVITY

#### Pin Ball Passing

- You will need a partner, and one ball .
- Pick a safe area to complete the challenge. A hard surface, is preferred.
- Stand a short distance apart, roughly 6 metres would be a good start but no less than 2 metres.
- Complete as many passes together as possible in 30 seconds.
- Remember to use the sole of your foot to control the ball, and then pass the ball with your second touch.

### EQUIPMENT NEEDED

- One ball or rolled up bundle of socks.
- 2 markers.



How can you demonstrate honesty throughout this challenge?



### TECHNICAL / TACTICAL

Common passes in Futsal are the 1-2 pass, diagonal passes between players, and little flick passes over the defender's feet for players to run on to.



### MAKE IT EASIER...

Just try the passing without the time restrictions

### MORE OF A CHALLENGE

Can you beat your score each time?  
Can you use passes from other invasion games?

### MAKE IT INCLUSIVE

Make sure everyone can be included, try using larger balls

### LEAD OTHERS

## KEY STAGE 2

# WEDNESDAY

## GYMNASTICS



### ACTIVITY

#### BODY PART BALANCE

Your challenge will be to create as many balances as you can using large or small body parts.

1. On a piece of paper write down all your body parts which are large.
2. On another piece drop down all your body part which are small.
3. Ask one of your family members to shout out one of your listed body parts, this must then be included in your balance.
4. Try and keep your body as still as possible during these balances, hold your muscles tight.
5. Try and do each balance so your tummy is facing towards the ceiling as well as the floor.

### 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 link any of the balances together? What moves can you do to make the balances flow and connect together?

### MAKE IT INCLUSIVE

Do balances with both small and large body parts together.

### LEAD OTHERS

Can other members of your family copy your balances?

PRIMARY

# TENNIS

THINKING  
THURSDAY



30mins

**i** Problem Solving

## ACTIVITY

### Pirate Catch

- Stand facing your partner a few metres apart with a big ball.
- Your partner underarm throws a ball to you shouting 'RIGHT' or 'LEFT'.
- Catcher has to move and try catch the ball after one bounce standing on one leg only, the one your partner called out.
- Catcher then bounces the ball and catches with both hands, throwing it back to the partner whilst still balancing on one leg!
- Try to catch the ball in front of your shoes and return to a central position before the other person gets the ball back. You could use a floor marker to remind you.
- Remember to switch roles after a few attempts.
- Introduce a smaller ball (tennis ball if possible) and a bat (tennis racquet)
- Try to catch the ball on your racquet, after a bounce, standing on one leg only (the one your partner called out!).
- Then drop the ball off your racquet and hit it back to your partner whilst staying on one leg.

## EQUIPMENT NEEDED

- A large ball
- A tennis ball – or rolled up socks
- One racquet – frying pan? Table Tennis bat?



How can you demonstrate passion throughout this challenge?



## MAKE IT EASIER...

Allow more bounces before catching.  
Come closer together.

## MORE OF A CHALLENGE

Remove the bounce, players must catch on the full.

## MAKE IT INCLUSIVE

Allow more bounces if player is a wheelchair user – thrower to make throws higher to give more time.

## LEAD OTHERS

Children to call out 'RIGHT' or 'LEFT' for parents/adults.

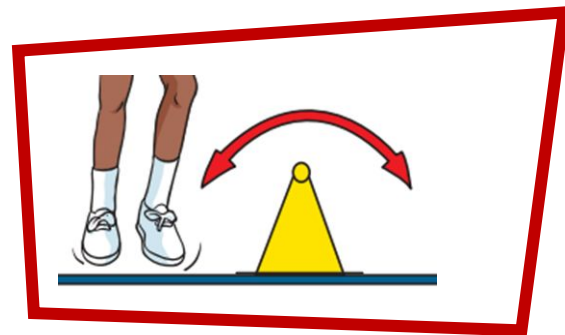
Key Stage 2

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?