

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
Dance

Equipment needed

- ✓ Just yourself, but you could use a few props if you have them
- ✓ Something to play you song on

School Games value



TUESDAY

Activity overview
Orienteering

Equipment needed

- ✓ Some Scrap paper
- ✓ Household Items

School Games value



WEDNESDAY

Activity overview
Gymnastics

Equipment needed

- ✓ Just a clear space

School Games value



THURSDAY

Activity overview
Striking and Fielding

Equipment needed

- ✓ Target area. A chance to show your creativity. Imagine the area you would bowl at in a game. (pillow case on the washing line or chalk marking on a wall).
- ✓ A ball or suitable alternative.
- ✓ A marker, cone or object to mark out distances.

School Games value

FRIDAY

Activity overview
Leadership

Equipment needed
For you to decide

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

ORIENTEERING

TUESDAY



ACTIVITY

Scavenger Hunt

- Create a list of household items – start with a 5 item list.
- Think of different rooms or garden areas to ensure all your items are spread around your home and garden
- Give your child this list and start a stop watch.
- Players have to collect one item at a time and bring it back to their 'Base Camp'
- Stop the watch once the player has found all items and brought them back to base camp.
- Be creative with your list – for example, instead of 'Tennis Ball' you could say 'Something furry' to challenge the player imaginations!
- This can be played many times by simply changing the items on your list.
- A really great way of playing this game is to do so over FaceTime, House Party or Zoom apps – your children could create a list of items for friends, grandparents or older siblings to find in their own home!
- An example list; *Something Green, Something Big, Something Wet, A Ball, Something tiny, A Book, Something Smelly and Something from outside!*

EQUIPMENT NEEDED

- Some scrap paper and pen
- Household items



How can you
demonstrate
passion
throughout
this challenge?

MAKE IT EASIER...

Ensure all items on the list are within one room
Make a list of 5 items or less

MORE OF A CHALLENGE

Create a long list of items from areas all around the house
Introduce a time limit

MAKE IT INCLUSIVE

Make sure items are easily accessible for wheelchair or powerchair users

LEAD OTHERS

Create their own list of items – challenge siblings or parents, even play over video messaging such as Facetime and challenge their friends or other relatives!

KEY STAGE 2

ATHLETICS

WEDNESDAY

ACTIVITY

20 x 5m Shuttle Run

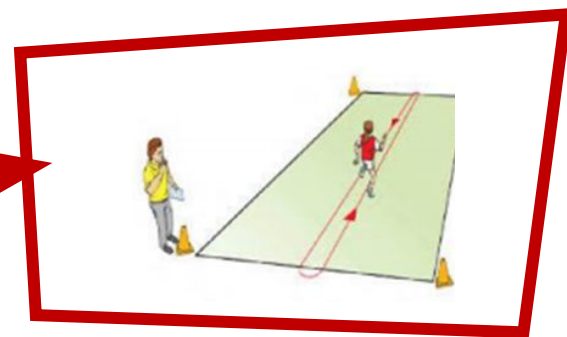
- PLEASE USE A FLAT, DRY SURFACE.
- Set up a distance of 5 metres marked at either end using cones or an alternative mark (pegs, tape, tins, shoes....) to create the running lane.
- Ask a family member to set you off using the commands 'on your marks' and 'go'.
- Each participant runs the 5 metres a total of 20 times to complete 100m.
- Turn with one foot between the marker cones
- A handheld stopwatch, smart phone or tablet can be used to record the time.
- The person timing stops the watch when the participant crosses the finish line.
- Rest and repeat to see if you can improve your personal best score

EQUIPMENT NEEDED

- ✓ 4 Markers to identify the 5 metre distance
- ✓ 1 tape measure
- ✓ Stopwatch or other alternative.



How can you demonstrate **determination throughout this challenge?**



MAKE IT EASIER...

Reduce the distance covered i.e. run 5m a total of 16 times to cover the distance of 80 metres. Replace the 'run' with a 'power walk'.

MORE OF A CHALLENGE

Run a star shuttle, using 5 cones that are 5 metres away from a central point. Visit 1 cone and return to the central point, then repeat for cone 2, 3, 4, and 5. Repeat the whole process to cover 100m.

Complete the 100m using different ways of travel such as skipping.

LEAD OTHERS

Encourage family members to join and encourage each other in the challenge. How long will it take for your household to complete the challenge?

KEY STAGE 2

THURSDAY



30mins

STRIKING/FIELDING

ACTIVITY

Bowling Brilliance

- Set up you target by putting a pillowcase on a clothes line, sticking some paper of the wall, chalking a large circle on the wall or any other alternative.
- Stand back 3 meters (3 big strides) and bowl the ball underarm. If you hit the target 3 times move back if you don't try again.
- Try these distances 3m, 5m, 7.5m 10m and 13m. (A metre is approximately 1 big stride in length).
- Could you compete against someone or hit different parts of the target ?



MAKE IT EASIER...

Start with shorter distances away from the target or a bigger target .

MORE OF A CHALLENGE

Hit a smaller target.
Vary the speed of delivery and increase the distance you stand away .
Add spin or make the ball move differently through the air .

MAKE IT INCLUSIVE

This activity can be achieved by bowling to each other or in a seated position.

LEAD OTHERS

Research the bowling technique for softball or rounders and help teach someone how to improve their technique.

EQUIPMENT NEEDED

- Target area. A chance to show your creativity. Imagine the area you would bowl at in a game. (pillow case on the washing line or chalk marking on a wall).
- A ball or suitable alternative.
- A marker, cone or object to mark out distances.



How can you demonstrate passion throughout this challenge?



TECHNICAL / TACTICAL

Softball pitch <https://www.youtube.com/watch?v=dxAa5K1wki4>
In a game a bowl/pitch must pass between the batters knee and shoulder always remember this when practicing.
Rounders bowling many examples on you tube but this is just one.
<https://youtu.be/MH99kmx9iYI>

KEY STAGE 2

LEADERSHIP

FRIDAY

ACTIVITY

Plan a **PERSONAL BEST** challenge for when you're back at school.

1. Design a Challenge that doesn't need very much equipment.
 - It needs to be simple to understand and do.
 - It should not take longer than a couple of minutes for each person to complete.
 - Some examples could be:
 - How many times can you bounce and catch a ball in 30 seconds?
 - How many times can you hop on 1 leg in 30 seconds?
 - But come up with your own.
2. Write the rules, maybe with pictures on one side of A4.
3. You'll need to decide who will do the challenges, one class or the whole school, will everyone be able to do it?
4. As the activity is around personal best, what rewards would you like the most improved young person to receive?
5. Can you devise a way of recording everyone's scores?
6. Which School Games value would you like everyone to demonstrate during your challenge?

Use the blank template on the next page to write down your plan



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.

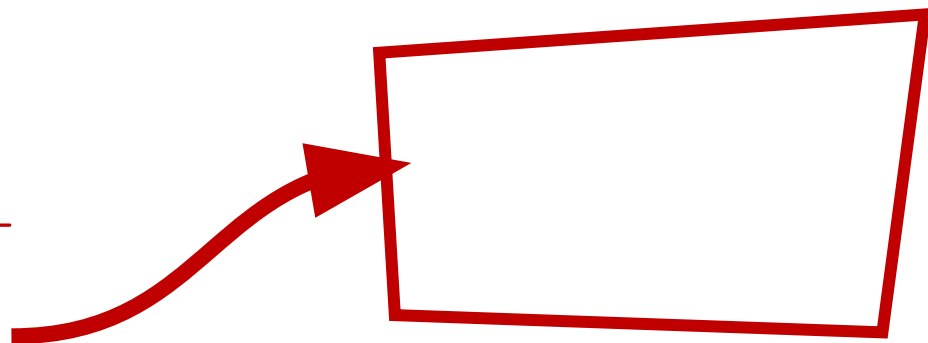
KEY STAGE 2

Personal Best Challenge

ACTIVITY

Name of Challenge

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MAKE IT EASIER...

MORE OF A
CHALLENGE

MAKE IT INCLUSIVE

Scoring System

EQUIPMENT NEEDED
