

# 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**  
Leadership

**Equipment needed**

- ✓ Household Items

**School Games value**



### FRIDAY

**Activity overview**  
Athletics

**Equipment needed**

- ✓ 3 soft small items
- ✓ 1 target item such as bin or washing basket.

**School Games Value**



RESOURCE PRODUCED  
IN PARTNERSHIP BETWEEN

  
EAST RIDING SSP (WEST)  
Partnered by Cottingham High School

THE SCHOOL  
**SPORT**  
PARTNERSHIP



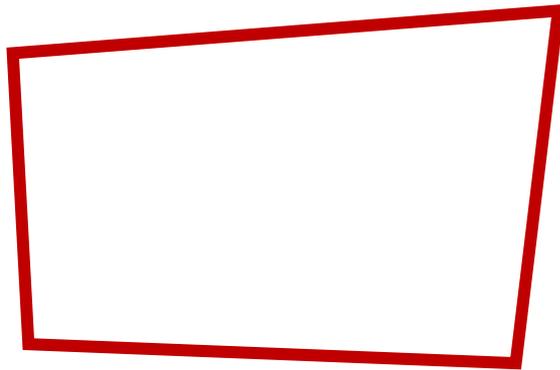
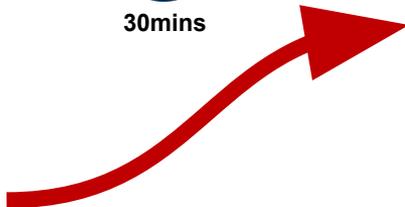
**KEY STAGE 2**

**MONDAY**



30mins

Dance



**ACTIVITY**

**Create a Dance Routine**

- Pick your favorite, catchy song and develop a dance routine
- Think about how you will teach other members of your family the routine
- Will you use repeating parts and props?

How is best to communicate what you want people to do in your dance?

Are the moves clear?

Is it safe? Can you explain where the risks are?

How can you encourage your family as they complete the dance?

What categories could you award prizes for?

**MAKE IT EASIER...**

Can you change the routine, the number of times the same part needs to be completed, or length of time of the dance

**MORE OF A CHALLENGE**

Can you use props and more complex moves?

**MAKE IT INCLUSIVE**

Make sure you think everyone's abilities when putting your dance together?

**LEAD OTHERS**

Can other members of your family copy your balances?

**EQUIPMENT NEEDED**

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



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

## 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!*

#### 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!

### EQUIPMENT NEEDED

- Some scrap paper and pen
- Household items



How can you  
demonstrate  
passion  
throughout  
this challenge?

## KEY STAGE 2

# GYMNASTICS

## WEDNESDAY



30mins



twinkl.com

### ACTIVITY

#### Develop a sequence

- Your task is to develop a sequence of gymnastics moves, that can be put into a flowing sequence, ie performed one after another.
- Your sequence should include 3 balances, start middle and end.
- 2 rolls, 2 jumps and 1 step, these can be anywhere within your sequence.
- Make sure you hold your body with control and tension when your doing your gymnastics routine
- Each time you perform your sequence, think about areas that you could improve and repeat until your happy it is the best you can do.

### EQUIPMENT NEEDED

- ✓ Just a clear space



How can you demonstrate determination throughout this challenge?

### MAKE IT EASIER...

Can you start with a routine of one Balance, one roll one jump and one step?

### MORE OF A CHALLENGE

Can you make a more complex sequence?  
Can you change the direction of the sequence, not just in a straight line

### MAKE IT INCLUSIVE

Just make sure you do what parts of the sequence you can, change the number of each parts

### LEAD OTHERS

Can you teach someone else in your house the sequence?

# KEY STAGE 2

# LEADERSHIP

# THURSDAY



30mins



## ACTIVITY

### Design a trick shot

- Can you create a trick shot that you can use to challenge your family or friends?
- Using items you have at home, can you create and possibly film a trick shot you can challenge people to complete.
- It needs to be tricky, so people may have to try a few times before they are able to complete it.
- Can you challenge 5 people, and could they then challenge another 5 and so on?

**STEP** is a useful acronym to go through, it will allow you to think of how you can adapt your Challenge so everyone can take part

**S**pace

Can you change the space by making the area bigger or smaller or changing the distance moving closer or further away?

**T**ask

Can you change the rules of the activity, the number of times it need to be completed, or length of time to complete the task.

**E**quipment

Can you change the size of the target, level of equipment, amount of equipment, height of the equipment or the arrangement of the equipment

**P**eople

Can you change people involved, does everyone do on their own or with a partner?

## LEAD OTHERS

Before showing everyone your trick shot, have a think about these key points. As a leader, remember it important that everyone has fun.

So, think of how you'll.....

- How is best to communicate what you want people to do in your trick shot?
- Are the rules clear?
- Do you need a scoring system?
- How will you know when people have completed your challenge?
- How will you make it easier, if someone finds it tricky?
- How will you make it harder, if someone finds it too easy?
- Will everyone have the same items at their house?



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

## EQUIPMENT NEEDED

Some items you have at home

Ideas - Things like socks, toilet rolls, teddies, saucepans are great as balls or targets

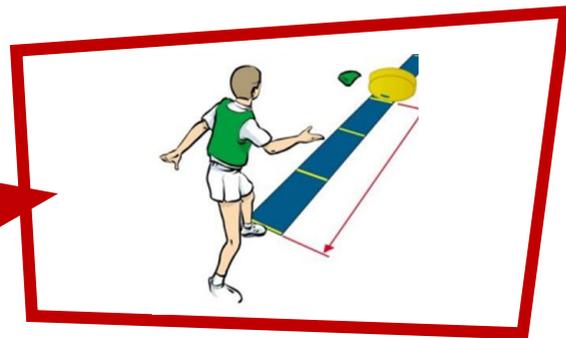
## KEY STAGE 2

# ATHLETICS

FRIDAY FUN



30mins



### ACTIVITY

#### Target Throw

- The participant stands behind a line and throws three items into the target placed at 3 metres
- The target is then moved to 5 metres and the process is repeated.
- 4 points if the item lands in the target.
- 2 points if the item bounces out of the target or if the item touches the floor before the target.
- Tennis Balls, Rolled up socks or small soft toys can be used.
- A washing basket, paper bin, cardboard box or dog basket are example target items.

### EQUIPMENT NEEDED

- 3 soft small items
- 1 target item such as bin or washing basket.



How can you demonstrate honesty throughout this challenge?

### MAKE IT EASIER...

- Increase the size of the target item.
- Move the target item closer than 3m or 5m
- Put more than one target item at each distance.

### MORE OF A CHALLENGE

- Decrease the size of the target item.
- Move the target item further than 3m or 5m
- Add additional scoring distances at 7m and 9m if space is available.
- Put targets at the same distance but at different heights above the ground using a wall or a table or a chair

### MAKE IT INCLUSIVE

The Target Drop can be used for participants with severe mobility problems gradually moving them away from the target after each success to record improvement.

### LEAD OTHERS

Encourage family members to join and set own challenges.

### VIRTUAL CHALLENGE

If you have enjoyed this week's challenges, why not look at the Sportshall Home Pentathlon. Good Luck.

<http://www.sportshall.org/homepentathlon>