

## PE/Physical Activity Home Learning

### EYFS/KS1

**Disco Dice** (*coordination, agility, cardiovascular endurance, muscular endurance, copy, remember*)

#### Equipment - dice

- Using a dice, adult rolls dice and children perform actions to represent the number shown;
  - 1 = Jog on spot
  - 2 = Jumping jacks/star jumps
  - 3 = Side to side jumps/speed bounce
  - 4 = Bend down stretch up
  - 5 = Spotty dogs (feet forwards and backwards)
  - 6 = Clap under knee

**Add a move!** (*coordination, agility, copy, remember*)

#### Equipment - none

- Working in a small group stand in a circle.
- The first person comes up with an action/dance move whilst their group watches
- The next person copies it and then adds their own move.
- The 3<sup>rd</sup> person does both moves and then adds their own.
- Keep going around the circle adding moves.

**Catch me if you can!** (*coordination, agility, balance, copy, remember*)

#### Equipment - ball/bean bag/material

- Can you throw and catch with hands 'nest to chest'?
- Can you throw – clap – catch
- Can you throw – clap x 2 – catch
- Can you bounce catch
- Can you bounce – clap – catch
- Can you bounce – clap x 2 – catch
- How many of the above tasks can you do without making a mistake (maximum points = 6)

**Bean Bag Balances** (*coordination, agility, static and dynamic balance, copy, remember*)

#### Equipment – bean bags/small cushion

- Can you balance bean bag on head and move/spin etc
- Can you stand on 1 leg and balance bean bag on thigh
- Can you stand on 1 leg and balance bean bag on foot
- Can you balance bean bag on your back and spin?
- With hands and knees on the floor and a straight back, can you put the bean bag onto your back with 1 hand and take it off with the other and repeat?

## PE/Physical Activity Home Learning

### EYFS/KS1

**Beating Personal Bests** (*coordination, agility, balance, spatial awareness, working with others, copy, remember*)

#### Equipment – ball/something to catch

- Standing opposite an adult or partner can you throw and catch?
- How many catches can you do in a row without making a mistake?
- Repeat trying to beat your personal best

**Target Throw** (*coordination, balance, copy, remember*)

#### Equipment - bean bag/soft ball

- Set out a series of targets using hoops or other pieces of equipment
- Children to throw bean bags or small balls underarm to try and hit the targets
- Targets could match the same colour bean bag
- Can children throw with either hand or backwards, under their leg, over their head?

**Roll with it!** (*coordination, agility, balance, spatial awareness, copy, remember*)

#### Equipment – ball, skittles/objects

- Set up skittles or cones in a triangular formation.
- Children to stand behind a line or cone about 5 metres away
- Children to roll the ball along the ground to try and knock over or hit as many skittles/cones as they can.

**Cone target** (*coordination, agility, balance, spatial awareness, copy, remember*)

#### Equipment – 2 x ball/bean bag, objects to act as cones.

- Children to work in pairs or against as adult
- Each child is given 6 cones and they stand 5 metres away from each other.
- Children arrange their cones however they wish on the floor just in front of them
- Children take it in turns to throw a bean bag or ball at their partner's cones
- If they successfully hit their partners' cone, they take it and put it with their own.
- Children try to clear all of their partners' cones

## PE/Physical Activity Home Learning

### EYFS/KS1

**Dominoes** (*coordination, agility, balance, copy, remember*)

**Equipment – cones/objects, ball/bean bag**

- Set a line of cones up, cones to be about 50cm -1metre apart
- Children to throw a bean bag/ball at the cones and try and hit them in order, once they have hit a cone they can take that one out of the line.
- Children could also do this rolling a ball at the cones.

**Through the hoop** (*coordination, agility, balance, spatial awareness, copy, remember*)

**Equipment – hoop, bean bag/soft ball**

- In pairs or with an adult. Children will need a bean bag and a hoop
- One child has the bean bag and the other has the hoop
- The child with the hoop rolls it along the ground so that their partner can see the whole circle
- The child with the bean bag then tries to throw the bean bag through the hoop
- Children to start rolling the hoop from further away to make harder

**Throw Tennis** (*coordination, agility, dynamic balance, spatial awareness, copy, remember, knowledge of basic attacking and defending tactics.*)

**Equipment – cones/objects, large soft ball**

- This game can be played 1 v 1 or as many 4-6 a side
- Create a net using a line of cones
- Organise the children into teams
- Children to throw the ball over the net into their opponent's side of the court.
- Opponent to attempt to catch after 1 bounce and return ball over net.
- Attempt to gain points by making opponents move or catch after 2 bounces.
- If playing in larger team's player move off the court if mistake is made and return when team when backs a point.

**Obstacle course** (*coordination, agility, dynamic balance, moving; over, under, through safely negotiating obstacles, copy, remember*)

**Equipment – objects to act as obstacles, things to go over, under and around....**

- Set out a course using a range of equipment
- Keep it simple to start with
- Always demonstrate the course first
- Once they have had a go, repeat.
- Add extra activities such as skipping and jumping

## PE/Physical Activity Home Learning

### EYFS/KS1

- Time and attempt to beat personal bests!

**Skipping** (*coordination, agility, dynamic balance, cardiovascular endurance, copy, remember*)

#### Equipment – hoop/skipping rope

- Jumping a landing back in the same place (rubber spots may help)
- Skipping with hoops
- Skipping with ropes

**Body Alphabet** (*static balance*)

#### Equipment – none

- Can you make the following letters using as much of your body as possible and as creatively as possible?
- C, O, T, X, A,
- Harder challenges, may need an extra person to help! M, W, P, L, S,

**Let's Go!** (*coordination, agility*)

#### Equipment – none

- Can you write a letter (e.g. "a") in the air with your finger
- Can you repeat that but this time use a finger on the other hand?
- Now can you say the letter as you draw it?
- Can you now use both hands so that you write the letter twice at the same time?
- Can you do this and say the letter as you do it
- Can you do this, say the letter and a word which begins with that letter (e.g. if "a" then "apple")

#### Extension:

- Can you write the same letter with both hands but so that one is a mirror image of the other? (Older pupils)
- With a partner, can you trace with your finger a letter, or number now, on their back without talking. Can they guess what it is and write it on your back? Were they right?

**Let's Go 2!** (*coordination*)

#### Equipment – none

- Can you write trace a figure "8" shape in the air with:
- Just a finger?
- Your whole arm?

## PE/Physical Activity Home Learning

### EYFS/KS1

- And the other one? (arm)
- Your left elbow?
- Right elbow?
- Your toes? (left and right)
- Your shoulder? (left and right)
- Around your eyes and nose as if drawing spectacles / mask?
- Both hands clasped together? (palm to palm)

#### **Extension:**

- Can you draw two 8's at the same time, with:
- Fingers on different hands
- Both arms?
- Both shoulders?
- Both feet?
- Both elbows like chicken wings?

#### **Animal Actions** (*Coordination, dynamic balance, agility*)

##### **Equipment - none**

- Children to move around an area as the animal that is called out
- Indoor actions; bear = bent arms and legs travelling on hands and feet. Rabbits = Hand then feet jump. Frogs = hands and feet jump at the same time. Caterpillar move hands forward first then legs up to meet hands. Ostrich = hold lower legs with hands and walk.
- Outdoor actions = Kangaroo = 2 feet – 2 feet jumps, Flamingo – hop, Wallaby = 1 foot to 2 feet. Stag– 1 foot to opposite foot (stride)
- Repeat as a tagging game with certain children as 1 animal and the rest as another.