

## PE/Physical Activity Home Learning Lower KS2/Y3&4

### **Muscular Endurance Circuit** - (*muscular endurance, coordination*)

Equipment - watch, ball/bean bag.

- At each station perform a muscular endurance exercise for 30 seconds such as;
- Station 1: Hammer Kicks; standing on 1 leg swing the opposite leg through to touch toe keeping balanced.
- Station 2: Wall sits, standing against a wall lower body down until knees are at a 90-degree angle and stay there. Stand up to rest when you need to
- Station 3: Standing back to back with a partner pass a ball/bean bag around body/waist to partner (this can also be done sitting down back to back with partner.
- Station 4: Spotty dogs. Jump with legs forwards and backwards whilst moving arms through alternatively. Keep arms straight and try and bent legs low.
  
- Repeat as appropriate to beat personal bests or possibly increase work time to 45 seconds.

### **Floor movement patterns** - (*coordination*)

Equipment - none

- Can you skip so that your knee comes up to a 90 degree angle to meet the opposite elbow?
- Can you hop-scotch?
- Can you hop- scotch alternating hopping leg each time?
- Can you hop scotch backwards?

Create your own floor movement pattern.

### **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 etc
- Can you make some 2 and 3 letter words using extra people?

### **Body Maths!** (*coordination*)

Equipment – none

- Using your body can you create maths sums such as;

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2 jumps on the spot – cross arms to make a + sign for add – 10 hops – arms in front to create equals sign.

- Cardio action can be used for numbers such as; jumps, hops, claps, arms up and down etc
- Body shapes can be used for functions.

### **Ball Chasing Challenges** (*agility, coordination, dynamic balance, spatial awareness*)

#### **Equipment – 1 large soft ball**

Can you roll a ball, chase it and collect in a balanced position facing the opposite direction/ (run past the ball and turn so you are facing your start position?)

- Repeat task with partner rolling it for you. Do not roll ball too hard!
- Can you roll a large ball, chase and get in front of it, let the ball roll through your legs and then chase and collect it in a balanced position facing the opposite direction?

### **Static balance** – (*static balance, muscular endurance, coordination*)

#### **Equipment – bean bags or cones 1 per child.**

- Children to sit down in a small space with their hands and feet off of the floor and knees bent can you keep your balance during the following challenges?
- Pick up a cone/bean bag from 1 side, swap hands and place it on the other side.
- Can you bring the cone/bean bag back the opposite way?

Now in a mini front support position (hands and knees, tummy down)

- Can you place a cone on your back and take it off with your other hand?
- Repeat with tummy up (hands and feet) place a cone on tummy and take it off with other hand?

### **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.

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### **Ball Chasing 2** (*agility, reaction time*)

#### **Equipment - 1 large soft ball between 2**

- Standing facing a partner/adult.
- Ask them to feed the ball over your head gently, turn and collect after 1 or 2 bounces.
- Standing facing away from your partner ask them to feed the ball gently over your head, react quickly and collect ball after 1 or 2 bounces.
- Swap roles. Can you consistently catch after 1 bounce?

### **Disco Dice** (*coordination, agility, cardiovascular endurance, muscular endurance*)

#### **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

### **Cone target** (*coordination, agility, balance, spatial awareness*)

#### **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

### **Throw Tennis** (*coordination, agility, dynamic balance, spatial awareness, knowledge of 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.

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- 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.

### Counter balance in pairs - (*balance, control, working together/cooperation*)

#### Equipment - none

- In pairs, stand facing each other, creating a long base with your feet (toes touching partner's on 1 foot the other foot behind) holding each other's wrists sensibly lean back. Hold your balance for 3 seconds then move back together.
- Repeat with holding just 1 hand.
- Repeat with only creating a short base with both feet together partners toes touching. Now can you lean back, hold you balance and then move back together?
- Repeat but now try holding with just 1 hand.
- Eyes closed repeat.

### Balance & Coordination! (*dynamic balance, coordination*)

#### Equipment – ball/bean bag

- Stand facing a partner/adult balancing on 1 leg
- Partner/adult to throw ball gently, can you catch whilst remaining balanced
- Attempt on both legs
- Repeat task whilst sitting on bottom with legs bent and feet off of the floor

### Around the world (*coordination, cooperating with others*)

#### Equipment - large/medium sized balls or bean bags

- In pairs explore passing the ball in and out and around each other's body.
- Pass the ball around your partner's body and then around both of you.
- What is the quickest way of doing it?
- How should you partner stand or move to help?
- Standing close to an opposite your partner move a ball together in a figure of 8 in, out and around each other's body.

### Dribble the course (*agility, coordination, dynamic balance*)

#### Equipment – objects to use as course, ball

- Arrange a course using objects, cones, hoops, ropes etc....
- Children to use a basketball to dribble around the course as shown

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- Repeat the course but this time use different equipment i.e. ball at feet, hockey stick, no equipment just using feet or hands.
- Can they dribble around the course with a ball just using their head?

### Speed Bounce (*agility*)

#### Equipment - line

- Children to work with a partner standing next to a line.
- Children to practice jumping from side to side over the line or cone 2 feet to 2 feet.
- Children to speed bounce 1 at a time for 20 seconds (teacher to centrally time) partner to count number of successful bounces in 20 seconds.
- Repeat with changing roles
- Repeat to beat personal best on 2<sup>nd</sup> or 3<sup>rd</sup> attempt

### Mirror Image - (*coordination*)

#### Equipment - none

- Stand facing a partner numbered 1 and 2.
- Child 1 performs an action on the spot, such as raising their right arm.
- Can child 2 perform the mirror image of this action i.e. raising their left arm?
- Repeat with more challenging actions
- Repeat with moving actions such as side stepping etc.

### Figure of 8's (*coordination, agility, dynamic balance*)

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

- In pairs set up 2 cones a metre apart
- Take it in turns to travel around them in a figure of 8
- Repeat with travelling in different ways; travelling forwards, backwards, sideways, hopping, skipping, galloping
- Can they move in a figure of 8 whilst; balancing a bean bag on their head, dribbling with a ball at their feet or with hands, moving the ball along the floor with hand etc depending on what equipment you have.

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**Skipping challenges** (*cardiovascular endurance, coordination*)

### Equipment – skipping rope

1. 5 skips in a row
2. Skip for 20 seconds
3. Jumping jax
4. Slalom
5. Bell
6. Scissors
7. Diamonds
8. Wounded duck
9. Keep the pot boiling
10. Partner skips
11. Double Dutch

Explanations -

1. **5 skips in a row**
2. **Skip for 20 seconds**
3. **Jumping jax** – One turn of the rope with feet together and the next with feet apart
4. **Slalom** - Jump with 2 feet from side to side like a skier
5. **Bell** – Jump forwards and backwards
6. **Scissors** – jump with 1 foot in front of the other (spotty dogs)
7. **Diamonds** - Jump around a diamond shape (combining bell and slalom)
8. **Wounded duck** – skip with toes touching and heels apart then heels touching and toes apart
9. **Keep the pot boiling** - (Long Rope) Figure of 8. Skippers run and jump the long rope once and run around the back of the other long rope turner. They must wait for the last person in the que to get through before heading back and jumping from opposite end.
10. **Partner skips** – 1 child holds and turns the rope for both children to jump together.
11. **Double Dutch** – 2 x long ropes turned in opposite directions jumped by 1 or more children jumping simultaneously.



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