

PE/Physical Activity Home Learning Upper KS2/Y5&6

Cardio Circuit - (*cardiovascular endurance*)

Equipment - none

- Children to work with a partner or adult– 1 performing whilst other counts each time so performer gets a rest in between each work period.
- Children to perform a range of cardiovascular exercises to raise heart rate such as; jogging on the spot, jumping jacks, touch the floor jump up, spotty dogs, twist jumps, jumping forwards and backwards, vertical mountain climbers.
- Partner to count number achieved and feedback
- When repeated in second round can they beat their personal bests?

Grand Prix - (*agility, dynamic balance, coordination*)

Equipment – cones/objects, balls

- Set up a short grand prix course using cones/objects. The course needs to have cones/objects either side so the ball can be sent down the middle. It can include twists and turns.
- Using a medium/large sized ball can you move along the course using little touches with hands.
- Try and complete the course in the least number of touches possible by guiding the ball accurately along.
- Repeat using feet and the least number of touches.

Reaction times - (*reaction time, agility*)

Equipment – Tennis balls or similar

- Working with a partner/adult 1 ball between 2.
- Child with the ball faces partner approx. metre away, child/adult without the ball faces opposite direction away from partner.
- Child with ball calls 'now' when they throw the ball forwards (loopy underarm throw is best)
- Child without the ball reacts as quickly as they can to turn and catch.
- Repeat with smaller ball if appropriate.

Throw tennis - (*agility, reaction time, coordination, dynamic balance*)

Equipment – cones/objects, large soft/plastic ball or tennis ball

- This game can be played 1 v 1 or as many 4-6 a side.
- Create a net using a line of cones/objects
- Organise the children into teams
- Children to throw the ball over the net into their opponents' side of the court.

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- 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 teams player move off the court if mistake is made and return when team when backs a point.

Tick tack toe - (*speed, problem solving*)

Equipment – chalk/skipping ropes/string, quoits and bean bags or other alternative (could be 2 different colours)

- Create a hash symbol using the chalk/string.
- 1 team/person are the quoits (noughts) the other is the bean bags (crosses)
- Teams and children take it in turns to run over to their board from 1 side of the room/garden and place a quoit or bean bag depending on which team they are.
- The aim of the game is to get 3 pieces of the same equipment in a row (horizontally, diagonally or vertically.)

Muscular endurance circuit - (muscular endurance, coordination)

Equipment - none

- Each station to perform a muscular endurance exercise for 30 seconds such as;
- Station 1: lunges. Begin with feet together then alternatively step forward with opposite foot and bend down.
- Station 2: Squat jumps - In squat position turn through 180 degree's, land with bent knees then jump to turn in the opposite direction.
- Station 3: Mountain climbers – with hands on the floor move feet forwards and backwards (if wet this can be done standing)
- Station 4: In a squat position jab/punch forward with arms repeatedly.

Reaction times 2 (*reaction time, agility*)

Equipment - 2 tennis balls

- Children to work with a partner/adult starting with 1 tennis ball.
- Children begin facing their partner. 1 child holds the ball up with a straight arms and drops it down into the floor from head height.
- Their partner attempt to react quickly and catch it after 1 or 2 bounces (teacher to dictate)
- Differentiate task by distance from each other.
- Repeat task with partner standing in a capital 'T' shape with a ball in each hand.
- Child to drop 1 of the balls and partner attempt to catch after 1 bounce.

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Coordination (*coordination, reaction time*)

Equipment – small balls

- If area surrounds a wall, children can attempt to throw the ball underarm at the wall with 1 hand and then catch with the other hand.
- If no wall children to stand facing a partner approx. 1 metre away. Using 2 balls can they throw and catch underarm a ball with hands whilst gently using a ball to pass at their feet?

Skipping - (*cardiovascular endurance, coordination, agility*)

Equipment – skipping ropes

- Can you skip forwards for a set number of skips or a set time?
- Can you perform the following skipping challenges:
- Bell = jump forwards and backwards
- Side straddle = feet out and in
- Scissors = feet forwards and backwards
- Diamond – jump in the shape of a diamond
- Crossovers – crossover hands in front

Speed Bounce - (*speed, agility*)

Equipment – line/skipping rope/soft obstacle

- Children to work with a partner/adult standing next to a line/soft obstacle.
- 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 2nd or 3rd attempt

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

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Colour call - (*agility, spatial awareness, cognitive ability*)

Equipment – 4 x different coloured cones/objects

- Set up the 4 coloured cones/objects in a diamond shape.
- 1 child to stand in the middle of the square whilst the other to the outside. The child on the outside of the square calls out different colour 1 at a time. The child in the centre has to move to touch the correct colour as quickly and as efficiently as they can.
- Time and see how many colours they can touch in 30 seconds
- Can they beat their personal best?

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

Equipment – bean bag/object/cones

- 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?

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.

Heart rates - (*cardiovascular endurance*)

Equipment – watch, paper, pencil

- Children to take resting heart rate from neck or wrist for 1 minute or 6 seconds and multiply answer by 10.
- Children to work out maximum heart rate (220-age)
- Children to march on spot for 1 minute. Take heart rate and record.
- Children to perform exercises of varying intensities for given time period and record result.
- Jogging on spot (1 min)

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- Star jumps on spot (1 min)
- Spotty dogs (1 min)
- Sprinting on spot (20 seconds)

- Record what time last exercise was completed and continue to take pulse rate every 2 mins after. A person's recovery rate is the time it takes for their heart rate to return to their resting rate.
- Children to plot results on a graph after all exercises have been completed.
- Discuss with a partner/adult what happens to their pulse rate after each exercise.
- Discuss recovery rates – how long did it take your body to recover from exercise?