Paget Primary School – PE at Home ideas

Week 1 4.5.20

We know that many of you are very active at home. To support you to be as active as possible, the following activities have been planned for each year group. You should be able to complete these activities inside your home or outside and use a range of items that you would find in your home.

Hope you enjoy them. Please show us what you have been doing on our Twitter page #PagetPrimary

<table>
<thead>
<tr>
<th>Year Group</th>
<th>Activities</th>
<th>Resources needed</th>
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<tbody>
<tr>
<td>Nursery</td>
<td>These fun workouts are aimed at children in EYFS and KS1 and combine storytelling with an enjoyable, energetic workout. There are lots of episodes to choose from and new episodes are regularly added at: <a href="https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts">https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts</a> If you want a calmer, more relaxing form of exercise, try 'Cosmic Yoga'. The stretches and poses are taught through story time and help to encourage mindfulness, meditation and calmness: <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></td>
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<td>Reception</td>
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<td>Year 1</td>
<td>Bean bag toss-Set up a target and have your children stand behind a marker and toss bean bags into it. You can challenge your children by moving the marker further back every time they are successful for example. Throwing and catching activity Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart. • Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.</td>
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<td>Year 2</td>
<td>Bean bag toss-Set up a target and have your children toss bean bags into it. Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart. • Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.</td>
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Year 3

Cross the river
• Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
• Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
• You are only allowed two objects to cross the river with.
• Can you complete the challenge and cross the river without touching the floor!

Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space.
• Players move around the space in a creative way.
• When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
• Can you think of your own movement ideas? Can you move at different levels?

Year 4

Mini Races
Mark out a start and finish line using an object to mark out these points.
• Think of different ways you could move from the start to finish.
• Can you move on your hands and feet? Can you move backwards?
• What is the quickest way of moving? What is the slowest way of moving?
• Can you race against a partner using the different ways of moving?

Let’s see if year 4 can complete the school games activity.
### Year 5
- Layout 5 markers in a space around your area. These are your 5 flexibility circuit activities
  - Station 1: Perform 10 extended tucks.
  - Station 2: Perform 10 roll and release.
  - Station 3: Perform 10 lunges.
  - Station 4: Perform 10 arches, holding each one for 5 seconds.
  - Station 5: Perform 10 extended leg raises.
- How many times can you repeat the circuit?

### Year 6
Standing Long Jump Activity 1.
- Place a starting marker on the floor.
  - Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
  - Challenge a partner to see who can jump the furthest.
  - If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?
- Here is a video clip that you can use for help for the 1st activity.
  [https://www.youtube.com/watch?v=Dcy0H6VNLk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=18&t=0s](https://www.youtube.com/watch?v=Dcy0H6VNLk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=18&t=0s)

Standing Long Jump Activity 2
- Place a starting marker on the floor.
  - Set up 3 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
  - Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?
  - How can we use our bodies to reach the marker furthest away?
- Here is a video clip you can use for help for the 2nd activity.
  [https://www.youtube.com/watch?v=WbrMYhOusuA&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=17&t=0s](https://www.youtube.com/watch?v=WbrMYhOusuA&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=17&t=0s)