Paget Primary School – PE at Home ideas

Week 3 18.5.20

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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| Nursery    | **Egg and Spoon Race**  
This would be the time of year where the children would be practising for sports day so why not do it at home.  
Use tablespoons to carry a plastic egg (like the ones you find in stores before Easter) across the room. You could Transfer the egg from your spoon to your partners’ spoon without dropping it and then race back to the starting line. To challenge you could time how long it takes to get from one side to other or to see if they can go faster.  
**Traffic lights activity** you can do this in a garden or in an open space in your home.  
Explain the actions they must perform to each action you can change the actions depending on the space available to you:  
Red = Walk  
Orange = Jog  
Green = Sprint | Spoon  
Any object that you could balance on the spoon  
1 Red Item  
1 Green Item  
1 Orange Item |
| Reception  | **Egg and Spoon Race**  
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1 Orange Item |
| Year 1     | **Jumping Sacks race**  
This would be the time of year where the children would be practising for sports day so why not do it at home.  
Set a marker/object as starting position and a finish.  
Place two feet together hands down by your side and jump as if you was in a sack to the finish line. If you have got a sleeping bag you could use that as a sack or a large shopping bag. | Sleeping bag  
Large Shopping bag |
### Year 2

**Jumping Sacks race**

This would be the time of year where the children would be practising for sports day so why not do it at home.

Set a marker/object as starting position and a finish.

Place two feet together hands down by your side and jump as if you was in a sack to the finish line. If you have got a sleeping bag you could use that as a sack or a large shopping bag.

<table>
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<tbody>
<tr>
<td>Large shopping bag</td>
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### Year 3

**Keep on the move**

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?

| Socks, cushions, toys |

### Year 4

**Agility Box**

- **Activity 1** - Use any four items to set up a square and stand in the middle of the box.
- When 1 of the items is called out move to touch it and retreat back to the middle.
- The aim is to be as light as possible on your feet while staying balanced. To make it easier only make a triangle, or to make it harder you can use 5 or 6 items.

**Activity 2** - Grab as many socks as you can, mix them up and use a box or target area and pick 1 sock up match with the other and throw into the box or target area accurately. Use a time limit.

| 4 items, Socks, box/target area |

### Year 5

**Hot steps activity:**

- Use a box or step to work on.
- Tap the step with the bottom of your right foot, then tap with the bottom of your left foot.
- Repeat this and keep going until the time is up.
- How many can you complete in 30 seconds?

**The Plank:**

- Start in a push-up position, then bend your arms so that you are resting on your forearms.
- Ensure your body is as straight as possible.
- Keep your stomach muscles tight while you hold the plank position for 25 seconds.
- Perform a plank for 25 seconds.
- Rest for 1 minute, then perform again.

| Alternatively, you can use a household item to tap instead of a step. |

### Year 6

**Striking a moving object**

**Activity 1** - First get some items for this activity for example get a ball preferably small, a scrunched up paper and make a ball with socks.

| 3 Items such as: a small ball, scrunched paper and socks shaped to a ball size |
Then have a practise by serving the ball from one hand and make contact with the other, you can try this with two hands to make it easier. Once mastered striking the ball move onto activity 2.

**Activity 2-** Striking a moving object
- Remember to bend your knees
- Using the three objects throw the ball one after the another using the underarm technique to the child participating in the activity

**Activity 3-** Hand Cricket- You will need two makers one to left hand side of the child and one the right hand side around 2 meters away from each other.
- You get three serves try and hit all three and run to the both markers as fast as you can to see how many points you can get.
- Once the thrower has collected all three objects the runner has to stop.