Paget Primary School – PE at Home ideas

Week 4 – 1 June 2020

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

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<th>Year Group</th>
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| **Nursery** | Colour commands  
you can play this game in the garden or in an open space in your home  
• Everyone starts by walking around the garden or an open space  
• Every 20-30 seconds, call out a colour.  
• Everyone must find something of that colour, as quickly as possible.  
• Remember to look around when moving, to avoid bumping into things.  
• Only touch objects that are safe and not harmful. | None |
| **Reception** | Colour commands  
you can play this game in the garden or in an open space in your home  
• Everyone starts by walking around the garden or an open space  
• Every 20-30 seconds, call out a colour.  
• Everyone must find something of that colour, as quickly as possible.  
• Remember to look around when moving, to avoid bumping into things.  
• Only touch objects that are safe and not harmful. | None |
| **Year 1** | 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. | Spoon  
Any object that you could balance on the spoon |
| **Year 2** | In the box activity.  
• Lay out 3 boxes in a row.  
• Players must throw 3 steps back from the first box.  
• If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points.  
• Each player has 3 throws. The player with the most points at the end of the game is the winner. Or if single playing how many could you score with a time limit. | A small ball, bean bag or a scrunched up piece of paper to a ball size. |
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| Year 3 | **Top 10 Activity**  
With a partner, start by standing 3 steps apart.  
• Throw a ball to each other.  
• Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.  
• How many times can you throw the ball without dropping it?  
• How far back do you get? | Any sized ball  
Or an object in a shape of a ball. |
| Year 4 | **Five to 1 Activity**  
Activity 1 - First place an item that you could jump over on the floor, start jumping over the item and each time you jump over the item is worth 1 point see how many you can get in 30 Seconds.  
Activity 2 - Give some maths problems to your child for example 4x6 and then the child will jump over as many times and then stop when they have jumped to the number of the correct answer. | Markers (objects) |
| Year 5 | **Agility Activity**  
Activity 1 - Find as many objects as you would like for this first activity place them in one pile, then set up a target area away from the pile then on the word of go, your child should collect the items 1 at a time and place it into the target area. You can challenge them with a timer or adding more objects.  
Activity 2 - You may need a lot of room for this activity. This activity is going to be linked to a sport of two choices basketball or football. Your child should stand in space and place one object either side of them around 3 meters apart. Call out left or right, your child should run the item touch with their hand, run back to the middle and you should pass them a football they need to pass it back with the inside of their foot. For basketball they would need to throw back using the chest pass technique. | Items/objects & a Ball |
| Year 6 | **Fitness Levels Activity**  
Level 1 - 1 set  
Level 2 - 2 sets  
Level 3 - 3 sets | None |