Paget Primary School – PE at Home ideas

Week 29.6.20

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>Beans Game</td>
<td>None</td>
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|            |            | One player calls out the following ‘Beans’ at random, other players must perform the correct movement:  
  - Jelly Bean = players wobble like Jelly  
  - String Bean = players stretch up tall  
  - Baked Bean = players slowly rotate on the spot  
  - Broad Bean = players stretch their arms and legs out wide  
  - Mexican Bean = players pretend to lasso and shout ‘Arriba!’  
  - Runner Bean = players run on the spot  
  **Progression**  
  Call out the Beans faster or slower to make the activity harder or easier. Give forfeits to players who perform the incorrect movement (i.e. 10 Star Jumps). | |
| Reception  | Agility Box | 4 items, Socks, box/target area |
|            |            | 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. | |
| Year 1     | Balancing  | None             |
|            |            | How many different body parts can you balance on?  
  - Can you balance on your back and tummy? What do you do with your arms and legs?  
  - Can you balance on your hands and feet? Can you lift one hand or leg off the floor?  
  - Choose your favourite 3 balances. Can you add them together to make a sequence? Perform your sequence to someone else. What do they think?  
  All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes. | |
| Year 2 | **Mini Obstacle course**  
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 3 | **Bowls**  
How to set up:  
- Create a lane as shown in the diagram.  
- Play in pairs or small groups.  
- Give each player a small ball. You must also have 1 large ball (the jack).  
How to play:  
- One player rolls the large ball (the jack) down the lane.  
- When the jack stops, players take turns to roll their ball to get it as close to the jack as possible.  
- Players can knock their opponents balls out of the way.  
- Once everyone has rolled their ball down the lane, the player with the closest ball to the jack wins 1 point.  
- Repeat the game for several rounds, counting points up each time.  
- The player whose ball lands closest to the large ball wins 1 point. | Any sized ball  
Or an object in a shape of a ball. |
| Year 4 | **Table Golf- How to play**  
- Give players a selection of household equipment.  
- Create a Golf Course on the table. Each table must have an A5 piece of paper at the end (this will be The Green). Players take turns to flick or roll their Table Tennis Ball.  
- They must attempt to manoeuvre their ball around the course.  
- The ball must not be bounced over the course.  
- If the ball leaves the table, that player must start from the beginning.  
- Score 1 point each time they touch their ball before it reaches the Green. The aim is to get the least amount of points. | Table Tennis Ball. Or a small ball or a ball of paper.  
Household Equipment:  
Rulers  
Spoons  
Books  
Balls of paper etc. |
| Year 5 | **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.

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<tr>
<th>Year 6</th>
<th><strong>Rolling Penalty’s</strong></th>
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<td>With a partner, set up a goal using two markers.</td>
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<tr>
<td></td>
<td>Player 1 starts 5 steps away from the goal. Player 2 starts in goal.</td>
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<td>Player 1 rolls the ball towards goal trying to roll the ball past player 2.</td>
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<td>Can player 2 prevent the ball going past them? Can player 1 score?</td>
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<tr>
<td></td>
<td>Players score a point each time they score a goal. The first to score 5 points is the winner.</td>
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<table>
<thead>
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<th>Markers (objects)</th>
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<tbody>
<tr>
<td>Ball</td>
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