Paget Primary School – PE at Home ideas

Week 13.7.20

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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</table>
| Nursery    | **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?  
   | Any sized ball  
  Or an object in a shape of a ball.  
  ![Image](image1.png) |
| Reception  | **Balancing**  
  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?  
   | ![Image](image2.png)  
  All balances must be held completely still for at least 4 seconds. Make your balances excellent by pointing your fingers and toes.  
  Non-breakable items:  
  plastic cups  
  shoes  
  pillows  
  etc  
  Soft balls (or use rolled up socks)  
  ![Image](image3.png) |
| Year 1     | **Defend the castle**- This activity can be played indoors and outdoors.  
  • Play in teams (1 v 1 or 2 v 2 etc).  
  • Give half of the items to each team and ask them to build a ‘Castle’ by stacking them as they wish.  
  • Each team must stay on their side of the playing area.  
  • When the game starts players must attempt to roll/throw/kick the soft balls (or sock balls) to knock down their opponents Castle.  
  • Play the game for 3-5 minutes, then allow teams to rebuild their Castle.  
  • At the end of each game, the team  
  • Whose castle is the most intact wins a point.  
  • After several rounds, the team with the most points wins the game.  
   | Non-breakable items:  
  plastic cups  
  shoes  
  pillows  
  etc  
  Soft balls (or use rolled up socks)  
  ![Image](image4.png) |
| Year 2     | **Standing Long Jump**  
  Activity 1  
  ![Image](image5.png)  
  Markers (Objects)  
  ![Image](image6.png) |
**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?

**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?

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<tr>
<th>Year 3</th>
<th>Avoid the defenders</th>
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| Choose a start point and place another marker at the opposite end of the space.
| Layout objects; teddy bears, cones across the playing area. These are known as the defenders.
| Can you dribble using your feet, from the starting point, around the marker and back avoiding the defenders?
| If you dribble around the markers and back you score 1 point. If you hit a defender they score 1 point. The first to score 5 points are the winners. |

<table>
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<tr>
<th>Year 4</th>
<th>Healthy Hearts Circuit</th>
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| Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.
| Station 1: Perform 10 star jumps.
| Station 2: Perform 10 mountain climbers.
| Station 3: Skip or jump for 10 seconds.
| Station 4: Perform 10 burpees.
| Station 5: Jog on the spot for 10 seconds.
| How many times can you repeat the circuit? |

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<th>Year 5</th>
<th>Space Monster</th>
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| Choose a start point and place another marker at the opposite end of the space.
| Layout objects; teddy bears, cones across the playing area. These are known as the space monsters (defenders).
| Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
| If you dribble around the marker and back you score 1 point. If you hit a space monster they score 1 point. The first to score 5 points is the winner |

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<th>Year 6</th>
<th>Throw Tennis</th>
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| Mark out a tennis court. Use a rope as a net or socks as the court markings.
| Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court.
| If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point. |

Household items (Markers)
Football

Objects)
Ball

Socks
Small Ball
- Make sure that you start the game by serving from the back of the court.
- The first player to score 10 points is the winner