



Home learning PE lessons

BY MR SMITH

Equipment

- ▶ With learning being at home you may not have the necessary equipment for the specific tasks.
- ▶ Please use anything you see fit to use as a replacement for example you might be doing a basketball session but only have a football available at home, which is absolutely fine.
- ▶ Enjoy the lessons, stay fit, active and healthy.

Simon says/Do this Do that

- ▶ The adult is designated SIMON, the children are the players. Standing at the front of the group, Simon tells the players what they must do. However the child/players must only obey if the command begins with “Simon says.”
- ▶ For example “Simon says touch your nose.” the children must then copy and perform this
- ▶ However if Simon doesn't say “Simon says” you perform the action or you are out.
- ▶ Do this, do that is exactly the same, when the leader says “Do this” the children must copy but when the leader says “Do that” the children must not copy, if they do they are out!



Traffic light game

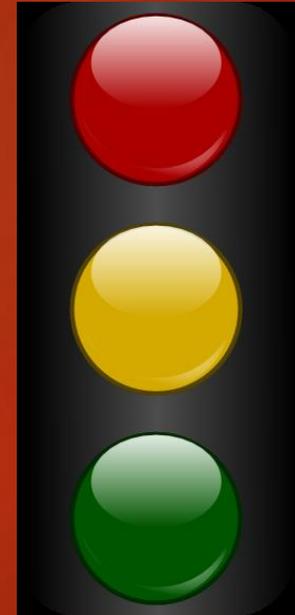
- ▶ Adults can use either hoops, bean bags or cones. They must be the colours green, yellow and red. Or even shout the colours out.

Green cone- Activity on the move (E.g jog, walk, hop, side step)

Yellow cone- Activity on the spot (March, star jump, squat)

Red cone- stand like a statue in a certain position (pencil/rocket shape)

- ▶ Adults can begin by saying the colour while holding that colour up at the same time, the children have to perform the action. When the colour is changed by the adult, children must react and perform the activity you have set for that specific colour. Change activities for each colour every couple of minutes.



Rock, paper, scissors

- ▶ Children play rock, paper, scissors from a distance against a partner.
- ▶ Whoever wins gets to choose a physically active forfeit for the loser.
- ▶ Some examples-

A lap of the garden

10 squats, press ups, burpees, star jumps

Perform 10 seconds of plank, high knees, holding a squat.



A roll of the dice

- ▶ Adults roll dice whichever number it lands on children perform a certain exercise

1= Plank for 20 seconds

2= Hold a squat for 20 seconds

3= Sprint as fast as you can on the spot for 20 seconds

4= Burpees for 20 seconds

5= Star jumps for 20 seconds

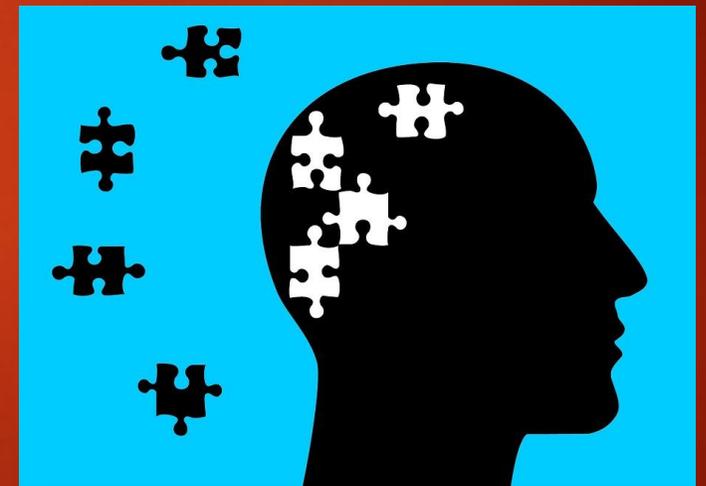
6= Run around the garden once as fast as you can, no corner cutting!

- ▶ Change activities and time depending on ability



Memory game

- ▶ Equipment- 1 set of coloured items (cones if possible)
- ▶ Adult displays a colour one at a time and children have to remember the sequence. For example- Blue, white, green, yellow, red.
- ▶ Children have to show the sequence back to the adults. If the child gets the sequence wrong then they have a forfeit such as 10 star jumps.
- ▶ You could also have a competition by playing adult vs child



Long jump/Triple Jump

- ▶ Pupils to stand on Safety line 2 metres apart.
- ▶ Set the child a challenge that is realistic for them to achieve individually.
- ▶ Use cones/markers to set challenges of bronze, silver and gold for them to jump to.
- ▶ Coach children how to jump correctly creating as much power as possible when stood still.

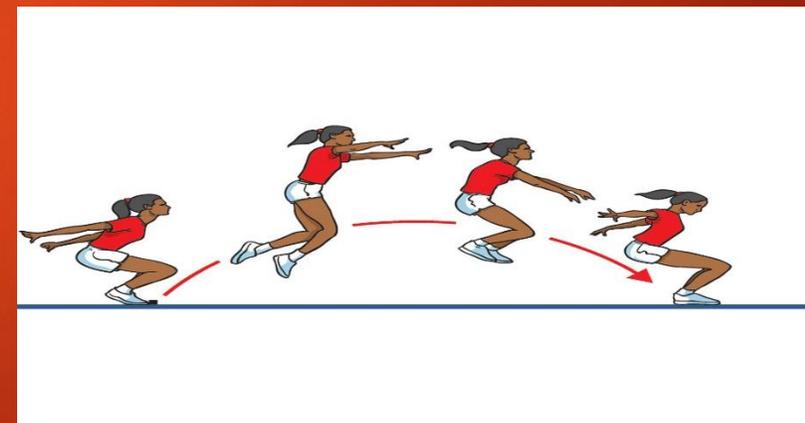
Bend knees, to create the squat position.

Swing your arms, look forward.

Bend knees on landing.

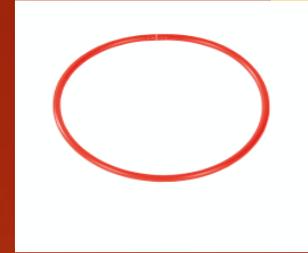
Take off on one and land on two.

Challenge- Beat your previous jump



Throlf!

- ▶ The game is basically golf using a tennis ball and hoops. Children have their own allocated tennis ball. Adults use safety line for children to begin from one at a time.
- ▶ Children attempt to roll the ball towards the hoop, when the ball stops that counts as one shot. Then, the child rolls again until they get it to stop in the hoop, children make a note of how rolls it takes them!
- ▶ Children must roll the ball from wherever the ball stops from.
- ▶ Create as many holes as you can in your area, using equipment to create obstacles, this makes it more difficult and interesting.



Mini sports day

- ▶ Different stations for children to complete and then rotate round to the next one.

Some examples –

Lunges

Standing long jump

Squats

Jumping over a hurdle

Skipping

Balance beam

Tennis ball with racket (how many hits in a row can you do)

- ▶ Finish with silly races- Ball between legs jump to finish line, walk backwards to finish, frog jump to finish.



Football drills (no hands)

- ▶ Passing against a wall or with a partner from a distance using no hands at all, working on looking at where you are passing, using the inside of our foot. Our toes on our foot we do not pass with should be facing where we are passing.
- ▶ Children shooting into a goal using cone/markers as the goal against a wall or fence.
- ▶ Toe taps with sole of foot on the ball
- ▶ Dribbling in and out of cones
- ▶ Step overs



Dance (in class)

- ▶ Warm ups- musical bums, statues in your own space
- ▶ Organise partners who will work well together. Stand 2 metres away from each other. Partner A performs an action partner B has to copy. The actions can be simple for example putting your right arm in the air or moving a step to the left.
- ▶ Then swap over after a couple of minutes
- ▶ Children to possibly make up a little routine with their partner, maintaining their distance
- ▶ Cool down- Just dance video on YouTube



Ninja skipping

- ▶ Children will need a skipping rope each and a safe space of at least 2 metres to perform in.
- ▶ The task is for children to progress up the belts completing the set amount of jumps for each belt. Students must start at the white belt challenge before they can progress to the next colour.
- ▶ Students can not skip a colour whilst progressing to the hardest belt. See next slide for challenges for each group.



Tennis practice



▶ Challenges-

- ▶ How many hits in a row can you get without it hitting the floor?

Make it easier- let the ball bounce

- ▶ How many hits a row can you get with one side of racket then the other?
- ▶ Make it easier- let the ball bounce
- ▶ Can you hit the ball slightly above your head? Drop the racket then catch the ball

Make it easier- let the ball bounce

Challenge- If you have a wall- Can you successfully hit the ball against the wall 10 times without it hitting the floor?

Basketball Practice



- ▶ Throw the ball above your head, see how many times you can clap before attempting to catch the ball.
- ▶ Chest pass against the wall or with a partner-

One foot in front of the other, w shape with hands then push the ball from the chest, bring ball into chest if you are catching

- ▶ Bounce pass against the wall or with a partner

Very similar set up, except this time throw the ball in the middle of where you are passing. Aim to only let it bounce once before it hits the wall or gets to your partner

- ▶ Begin dribbling by using your fingertips and not the palm of your hand in and out of cones or whatever resources you have
- ▶ **Challenge-** Can you dribble in and out of the cones then throw the ball into a target by using the chest pass?

Running activities



- ▶ If your garden is big enough- How many times can you run around it in 5 minutes? No cutting corners!

Make it easier- by walking if you feel you need to.

Tip- Don't set off too fast and tire yourself out

- ▶ Shuttle runs- Set up 4 cones a good distance apart! Start at the starting cone, sprint to the next cone, touch it and then come back to the start. Then repeat this with the other cones.

Make it easier- By having a rest after you have done one set of shuttles

- ▶ **Challenge-** How long does it take you to run from one side of the garden to the other? It must be a sprint. Have a rest when you have had a go, then try to beat your score! Happy sprinting!

Reaction game



- ▶ Place a small object (spoon) in the middle of two markers (cushions) that are an even distance apart.
- ▶ Adults call out a body part for children to touch. Multiple commands are said before the command of “SPOON.”
- ▶ When spoon is shouted both people playing the game have to try and grab the spoon.
- ▶ The fastest is the winner
- ▶ Play first to five
- ▶ **Challenge-** Can you add “Turn” into the commands so that you are facing the other way from the object before saying “Spoon.” Mix it up, so you say turn on more than one occasion whilst playing.

Balloon tennis



- ▶ Balloon Tennis
- ▶ What you need: Balloon

Area: Setting up something in between two sides (tennis court style)

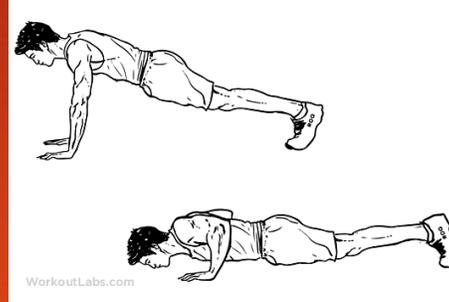
Players must be on bottoms.

Alternate serving, all shots must be underarm (so balloon goes up)

Point scored every time the balloon touches the floor.

Challenge- Create your own tennis racket by using lollipop sticks and cardboard plates, or whatever resources you see fit to do so!

Fitness activities



- ▶ Fitness activities
- ▶ Day 1 – 5 Press ups / 10 star jumps / 5 sit ups
- ▶ Day 2 – 8 Press ups / 10 star jumps / 8 sit ups
- ▶ Day 3 – 8 Press ups / 15 star jumps / 8 sit ups
- ▶ Day 4 – 10 Press ups / 15 star jumps / 10 sit ups
- ▶ Day 5 challenge- How many press ups, star jumps and sit ups can you do? Have a rest before you do each one.

Football skills



▶ **Football style skills and drills**

What you need: Football / Tennis ball

Level 1 – Bounce the ball onto your thigh and catch it.

Level 2 – Bounce the ball onto your thigh and then onto the second thigh and catch it.

Level 3 – Bounce the ball onto both thighs and then onto a foot and catch it.

Level 4 – Bounce the ball onto both thighs and then both feet and catch it.

▶ **Challenge-** See how many kick ups you can do without the ball hitting the floor.

Blast off

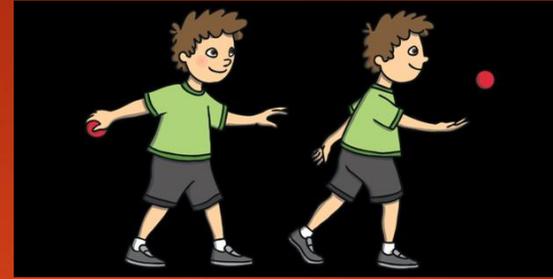


- ▶ **Play with a partner;** sibling, parent or carer. Stand 3 – 5 steps apart.
 - Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
 - Can each pair reach 0 without dropping the ball?
 - If competing against another pair the first pair to reach 0 are the winners.

Tips- Make the cup shape when we are catching the ball. Make sure your hands are ready creating a target.

Challenge- Can you go from 10 to 0 with your partner, then after from 0 to 10.

Climbing the ladder



- ▶ Place 3 targets on the floor in a line, 1 m away from each other.
- Using a small object can you throw the object and hit the first target?
- When you have hit the first target, only then can you move onto the next target!
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.

Challenge- Can you go from first target to last target, then back down from the last target to the first target.

Right way up



- ▶ Layout objects; teddy bears, cones or toys across the space making sure they are all upside down.
- On 'go' how long does it take to turn all the objects the right way up?
- What could you do to get quicker and beat your time?
- Play against an opponent. Who can turn all the objects around the quickest?

Challenge- Before you can turn the objects the right way, you have to perform either 3 star jumps, press ups, sit ups, squats.

Balance time



- ▶ • 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?

Challenge- Can you hold your balances for at least 4 seconds whilst keeping still?

Dice jumping



- ▶ Play with a partner, take turns to roll a dice.
- ▶ Look at the number you have rolled and then complete the correct jumping exercises:

Roll a 1 = Perform 20 star jumps

Roll a 2 = Perform 20 tuck jumps

Roll a 3 = Perform 20 pencil jumps

Roll a 4 = Perform 20 jumps with a $\frac{1}{2}$ turn

Roll a 5 = Perform 20 jumps with a full turn

Roll a 6 = Perform 20 squat jumps

The first player to complete all of the activities listed above is the winner.

Make it easier- Lower the number for times you have to jump

Top tip- Take your time when performing the exercise! Pace yourself.

Collect the treasure



- ▶ • Place the 10 treasure items; socks, shoes, small toys at one end of the room, known as the treasure chest
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?

Challenge- Make the distance longer so you have to run further. Don't forget to pump those arms.

Crossing the river

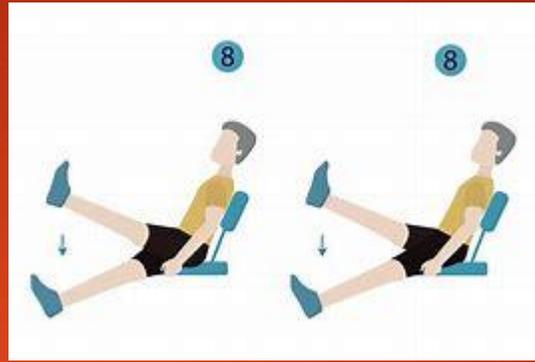


- ▶ • Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- Can you complete the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

Challenge- Can you get from one side of the river to the other, then come back across

Make it harder- If you fall into the river you must go back to the start and perform either 20 star jumps, press ups or sit ups.

Flex your muscles



► How to play:

- 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.

Challenge- How many times can you repeat the circuit?

Top tip- If you aren't sure of what the exercises mean research them!