

# ACTIVE FUSION PE FROM HOME

## How many players?

- All activities can be completed individually but you may need help from a family member to call instructions or to help you set up.

## What do I need?

- All activities can be done with objects you will have at home.
- You will need to find a clear space inside or outside.

## What is included in your pack?

- Activities for you to try with different levels of challenges!
- The activities focus on developing your throwing, catching, speed, agility, balance, and coordination
- All the activities are suitable for your age, but you can make them harder with our challenges!
- Each card will tell you how to do the activity, has a video link (QR code) to a coach showing you the activity and top tips for the activity!
- We would love to hear from you to tell us how you're getting on with PE at home or show us how you're getting on by sending your videos into us online [info@activefusion.org.uk](mailto:info@activefusion.org.uk)

## Top tips...

- Try to spend 10-15 minutes on each activity
- Try to be active for at least 60 minutes a day
- Try your best at each activity and ask for help if you need some!

## Challenge...

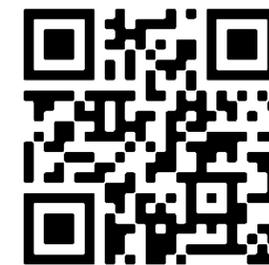
- Can you challenge another family member to be active with you?
- Can you be creative and make your own challenges?
- Can you try each activity more than once?

## Remember to review your lesson like you would at school after you have tried an activity!

Tell a family member the following after each activity:

- What did you do well?
- What did you enjoy?
- Is there anything you could do even better next time?

If you have any ideas of how we can improve the activities, or if you have created your own activity please share your ideas with us.



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# Rock, Paper, Scissors

## How many players?

- 2 or more players

## What do I need?

- Cones or household items as an alternative

## How to play the Game?

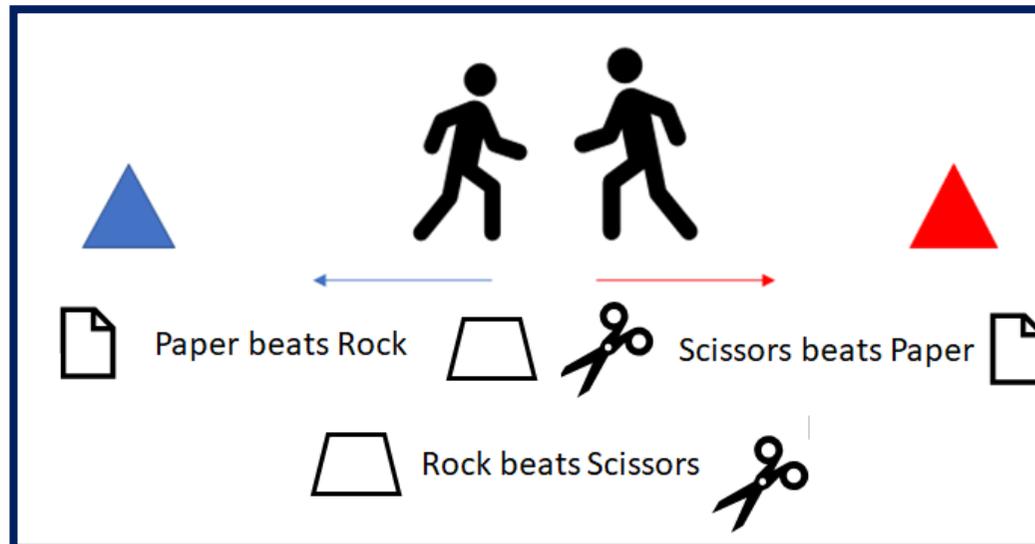
- Stand facing your partner and play a game of rock, paper, scissors
- The winner turns and runs towards their marker and the loser chases them!
- First one to the marker wins
- Scan the QR code below to see how to play!

## Top tips...

- Be ready to move quickly
- Lean in the direction you want to go
- Use your arms to help you run fast

## Even more challenge...

- Move the cones or items further apart
- Have different starting positions e.g. sitting, kneeling or laying
- Change the type of movement



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# Head, Shoulders, Knees, Toes

## How many players?

- As many players as you like

## What do I need?

- Cones or objects to mark each distance

## How to play the game?

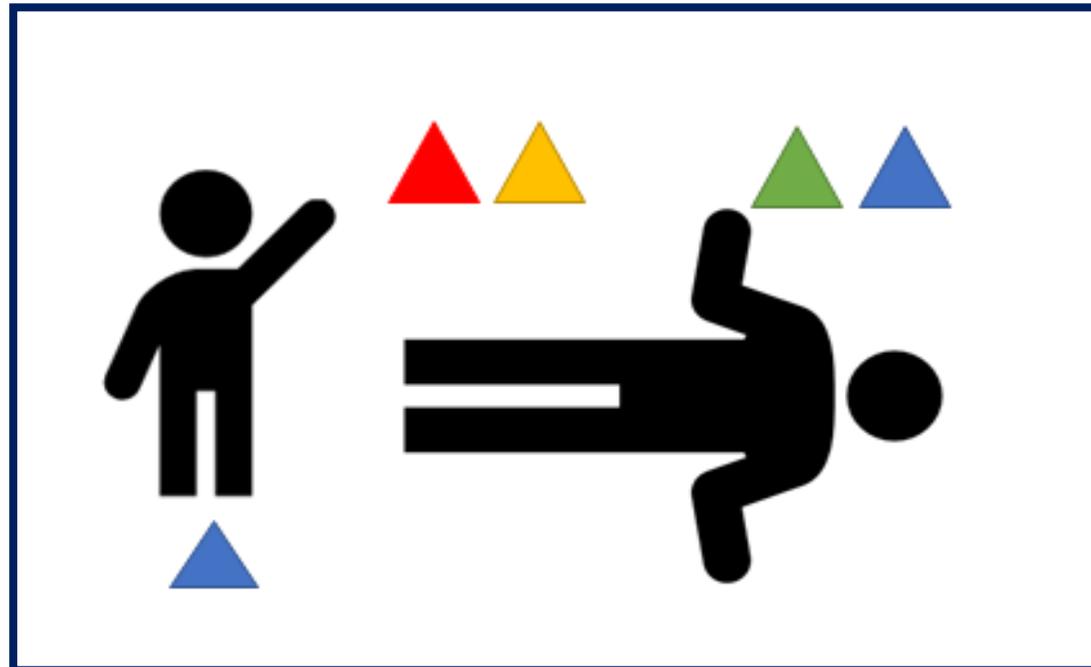
- The game will test your ability to jump over different distances
- Ask someone to lay on the floor, place different markers at their head, shoulders, knees and toes
- See how far you can jump!

## Top Tips...

- Bend your knees and swing your arms forward to jump further
- Land on 2 feet with control and try not to fall over!

## Even more challenge...

- Can you jump from 1 leg landing on 2 feet?
- Introduce a scoring system for the different distances. Eg Toes- 1 point, Knees- 2 points, Shoulders- 3 points and head- 4 points



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# Racket and Ball Control

## How many players?

- 1 player or more

## What do I need?

- Any type of small ball
- A racket/bat, alternatively a book, a pan or something big with a hard flat surface.

## How to play the game?

Can you complete each of the individual racket and ball control challenge?

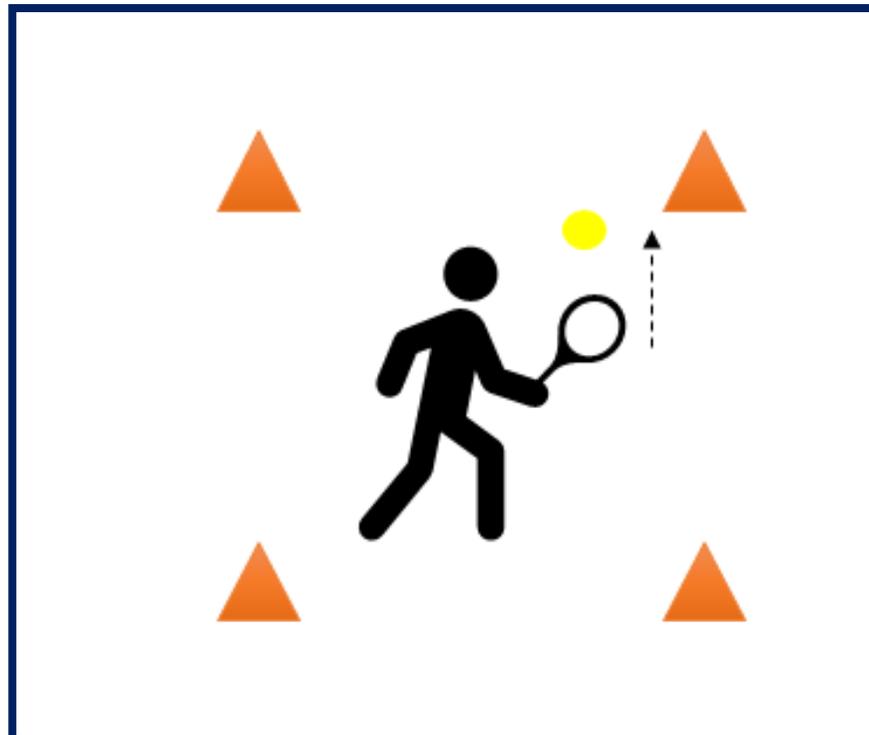
1. How many times can you hit the ball in the air consecutively by tapping the ball with your racket?
2. Set a score and attempt to beat it.
3. Challenge a family member by setting high scores to beat within your household
4. Go head to head how many tap ups you can do in a minute compared to a family member.
5. See even more challenge for progressions!

## Top tips...

- Keep your eye on the ball
- Try to keep the ball under control and close to your racket?
- The side of the racket you are hitting the ball with should be facing the ball

## Even more challenge...

- How many can you perform in 30 seconds?
- Can you stay in an area and complete tap ups without stepping out?
- Can you twist in between tap ups to use both sides of the racket?



# Target Practice

## How many players?

- 1 or more players

## What do I need?

- A small ball
- A racket or bat, alternatively a pan or something big with a hard-flat surface
- Cones or anything tall e.g. bottles, cereal boxes, tins.

## How to play the game?

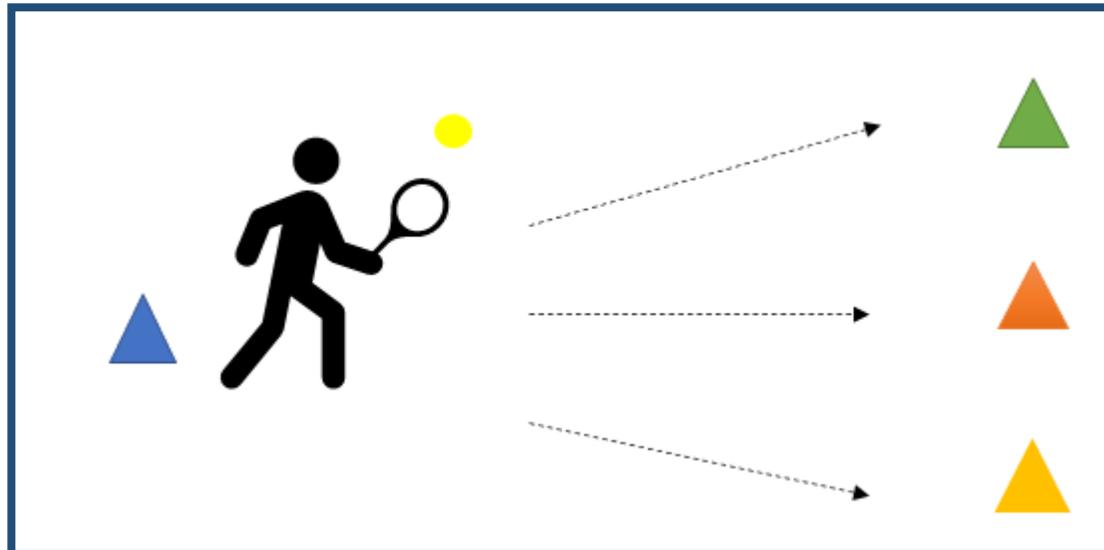
- Set up three targets which are evenly separated, using tall cones or bottles.
- Aim to hit each target one by one.
- See how many you can hit in a minute.
- Alternatively see how long it takes you to hit all items.

## Top tips...

- Try not to hit the ball too hard!
- Use the side the racket which is facing the target

## Even more challenge...

- Move objects further apart or further away
- Add more objects of different heights and sizes
- Challenge a family member to a mini target game.



# Sheep and Shepherds

## How many players?

- 2 or more players

## What do I need?

- Tea towel, T shirts or jumper as a blindfold
- Cones or household objects

## How to play the game?

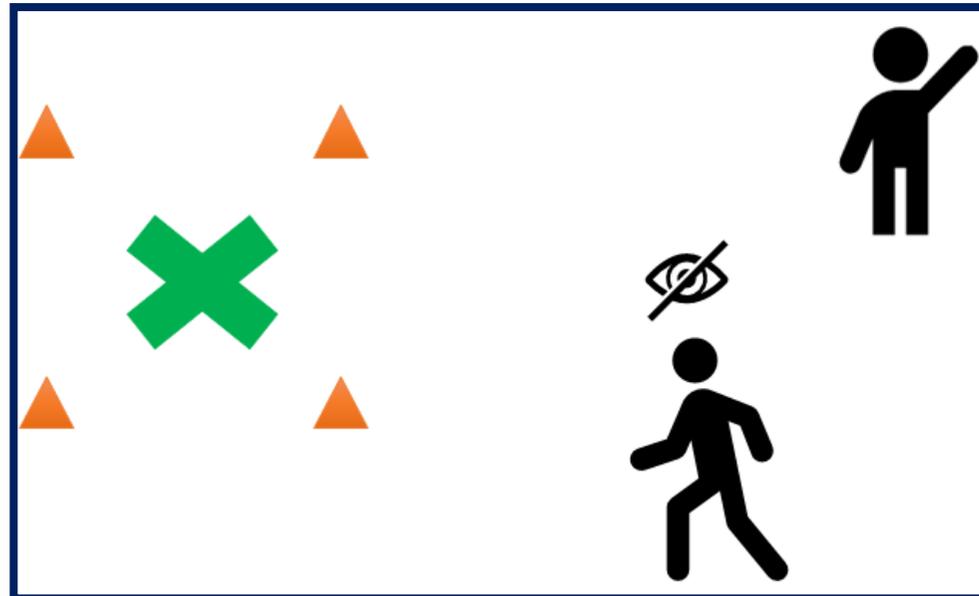
- Can you guide the Sheep to the sheep pen?
- One person is blindfolded (the sheep) and taken to a point in the garden
- The shepherd guides the sheep into the sheep pen
- The shepherd must not touch the sheep and can only guide them by talking to them!

## Top tips...

- Use clear instructions. For example, take 5 steps forward!
- If guiding round objects use left and right!

## Even more challenge...

- Add obstacles in for the sheep to go around or over!
- Switch roles with the shepherd or sheep
- Use different instructions e.g. sidestep, go on your tip toes



# Alphabet Challenge

## How many players?

- 2 or more players

## What do I need?

- No equipment needed

## How to play the game?

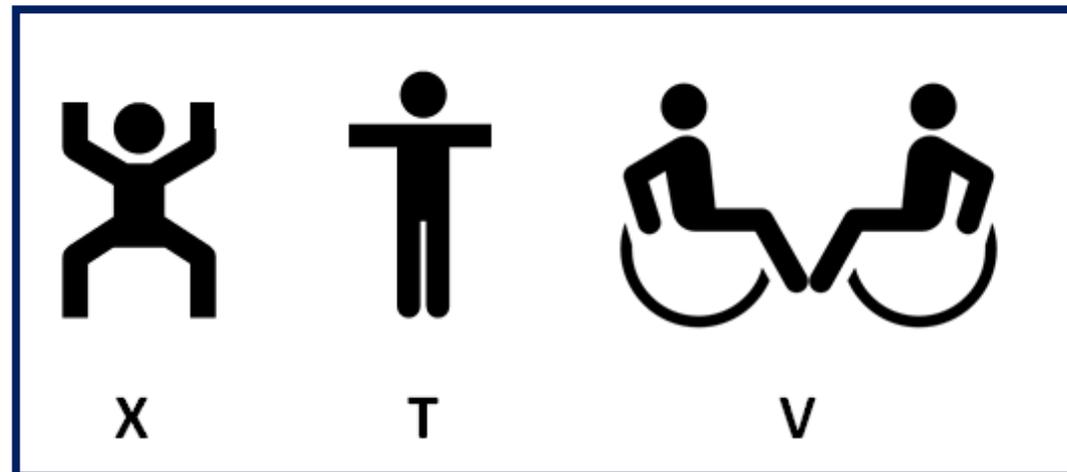
- With a family member, can you make all the letters in the alphabet using your bodies?
- Start with A and work your way through to Z
- How creative can you be?
- If you haven't got a partner, why not try and make as many letters as you can?

## Top Tips..

- Make sure your letters are as clear as possible
- Keep arms and legs straight where possible!
- Point your fingers and toes!

## Even more challenge...

- Time yourselves how fast can you go from A-Z?
- Can you make them all by only laying on the floor?
- Can you make the letters with more than two people?



# Roll a Goal

## How many players?

- 1 or more players

## What do I need?

- 4 cones or household objects
- A Ball or something to roll e.g. rolled up socks.
- Clear space indoors or outside

## How to play the game?

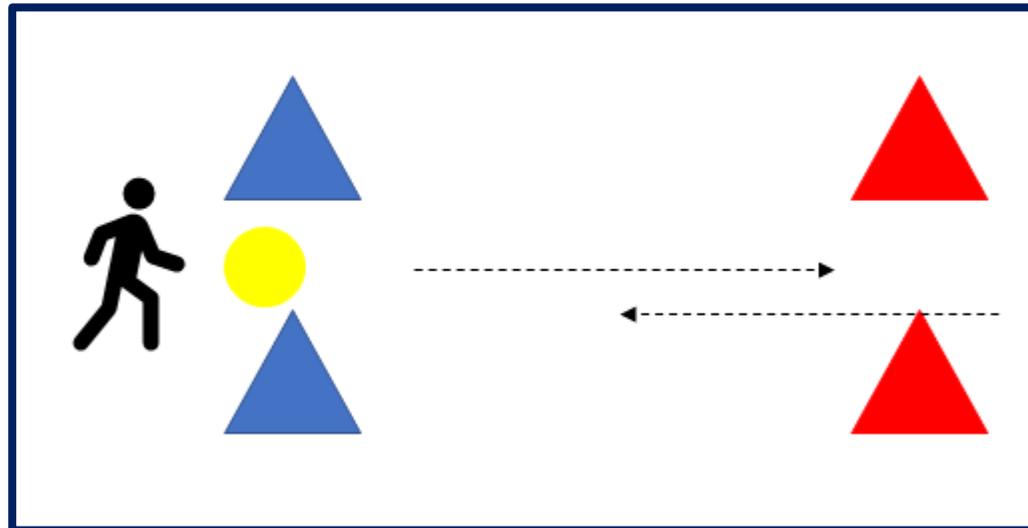
- Try to roll the ball through from one goal to the other
- If playing with a partner, take it in turns trying to roll the ball through the other person goal
- If you are playing on your own, you can use a household item to block the goal rather than a partner.
- Score a point every time you successfully roll the ball through.
- Once you have 10 points make the distance between the goals bigger!

## Top tips...

- Keep your eye on the target
- Aim with your non-throwing arm
- Swing your arm further back for the ball to go faster

## Even more challenge...

- Make the distance bigger between goals
- Add a smaller goal inside the big goal
- Change the angle of the goals



# Battleships

## How many players?

- 1 or more players

## What do I need?

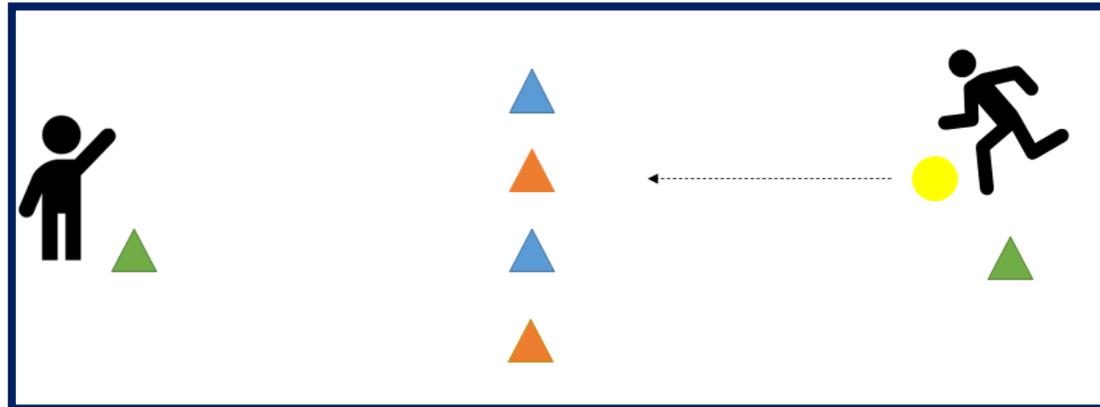
- 5 cones or items to be battleships
- Tennis ball or rolled up socks if throwing

## How to play the game?

- Aim to knock over your partner's ships, if you are successful you are rewarded with a point
- Whoever sinks their opponent's ships first is the winner.
- If you do not have a ball suitable for kicking, then use a tennis ball or rolled up pair of socks to throw.
- If you do not have anyone to play against count how many attempts, it takes you to sink all the battleships.

## Top tips..

- Use the side of your foot to kick for more accuracy
- Look at the target you are aiming to hit



## Even more challenge...

- Nominate the cone/item before you kick the ball
- Move the cones further away/ or wider apart
- Change the layout of the ships

# Dance Activities

## How many players?

- 1 or more players

## What do I need?

- No equipment needed

## How to play the Game?

Follow the links below to access some fun dance activities and routines to learn!

<https://www.youtube.com/watch?v=9sxifR0Ltqk>

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

<https://www.youtube.com/watch?v=KhfkYzUwYFk>

<https://www.youtube.com/watch?v=ok7V1pWtRzs>

## Top Tips..

- Keep practicing so you can learn all the moves
- Keep your energy up from the start until the finish
- Don't forget to smile!

## Even more challenge...

- Can you create a dance to your favourite song?
- Can you remember the dance without watching the video?
- Can you teach a family member a dance you have learnt?

