

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

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!

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.



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?



@ActiveFusion



@Active_Fusion



af_activefusion



The Bucket Challenge

How many players?

- 1 or more players

What do I need?

- Bucket or target
- Small toys/ ball (something to throw into the bucket)

How to play the game?

- Can you throw your item and land it in the target?
- Remember to look at the target and use your non-throwing arm to aim
- Once you have practiced and feel ready to take on the challenge ask someone to time you
- How many items can you get in the bucket in 1 minute?
- Can you challenge a family member to a competition to see if they can beat your score?
- Can you complete the challenge by throwing with you left and right hand?
- Can you complete the challenge unbalanced?
- Can you create your own challenge and take on an opponent?

Top tips..

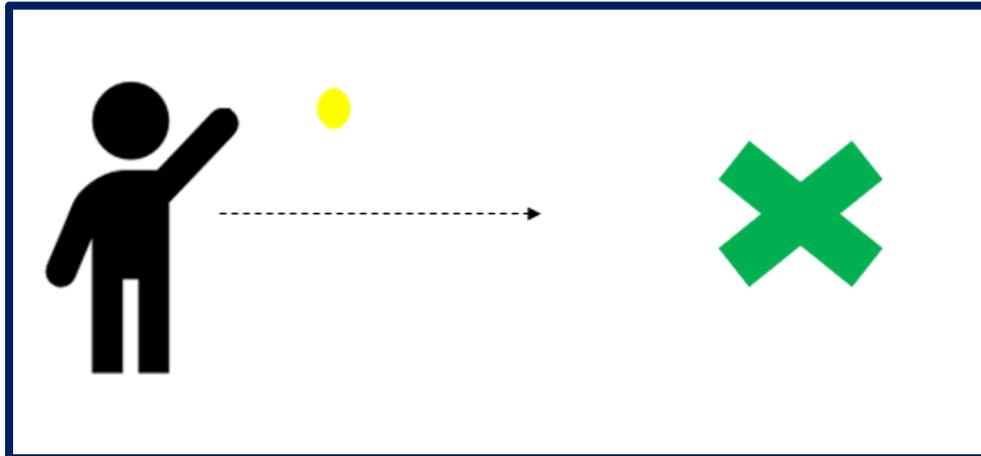
- Take your time when throwing your objects
- Look at the target when throwing
- Which throwing techniques works best for you?
- Practice for as long as you need before taking on a challenge

Even more challenge...

- How quickly can you get all the items into the target?
- Can you move the target further away?

Easier challenge

- Can you move the target closer?
- Can someone hold the target for you?
- Can you use a bigger target?



Boccia

How many players?

- 1 or more players

What do I need?

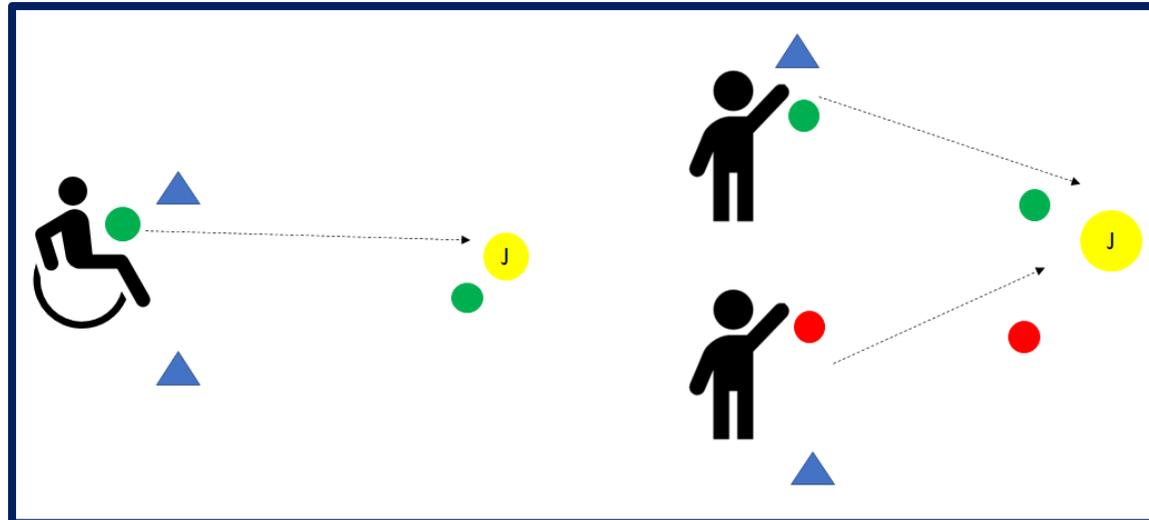
- An item to act as a jack (soft toy)
- Household items to throw (washing pegs, soft toys, rolled up socks)
- Cones or objects for markers

How to play the game?

- Throw your jack in to the playing area
- Aim to throw all your household objects as close to the jack as you can!
- Remember you must be behind the throw line when throwing
- Can you add scores to your game? E.g. if you hit the jack, you get 10 points!
- Can you challenge someone to a game?
- When challenging an opponent take it in turns to aim for the jack
- Who can get their item closest to the jack?
- Can you create a scoring system when playing against an opponent?

Top tips..

- Look at the target when aiming and throwing your item
- Practice throwing before you start scoring
- Make sure you don't throw the jack to far!



Even more challenge...

- Can you use your other hand?
- Can you throw unbalanced?

Easier challenge...

- Make the playing area smaller
- Move the jack closer to throwing line

Pirate Ships

How many players?

- 1 or more players

What do I need?

- 4 different coloured cones or household objects to use as markers

How to play the game?

- Ask someone to call out the points on the compass
- Can you move to them and remember where they are?
- Practice the following commands so you can perform the actions during the game
- Scrub the decks- pretend to scrub the floor
- Climb the riggings – pretend to climb riggings
- Captains cook –pretend to be sick
- Captains coming- salute and say “Aye Aye Captain”
- Walk the plank – pretend to walk the plank
- You are now ready to play the pirate game!
- Ask someone to call out instructions or points on the compass then to perform the movements.

Top tips..

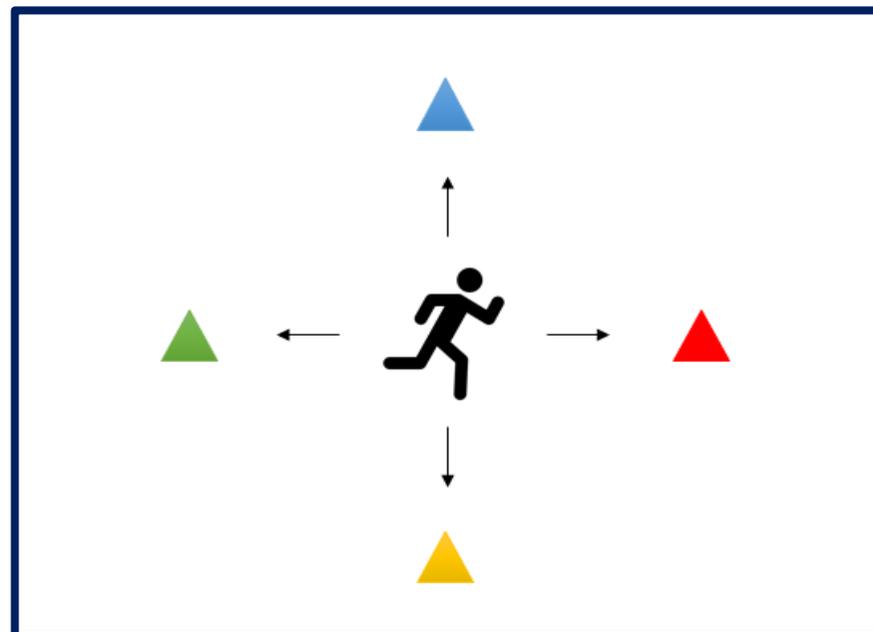
- Try to remember the points on the compass by the colour of the item
- Be creative with your pirate movements
- Do you have any pirate items at home you could add to the game?

Even more challenge...

- Can you remember more than one instruction?
- Can you create your own pirate actions?

Easier Challenge

- Use the colour of the marker instead of N,E,S,W
- Can you perform the actions seated and point to the points on the compass?



Individual Catching Challenges

How many players?

- 1 or more players

What do I need?

- A ball or beanbag or a rolled-up pair of socks or a ball made from foil
- Cone or household object

How to play the game?

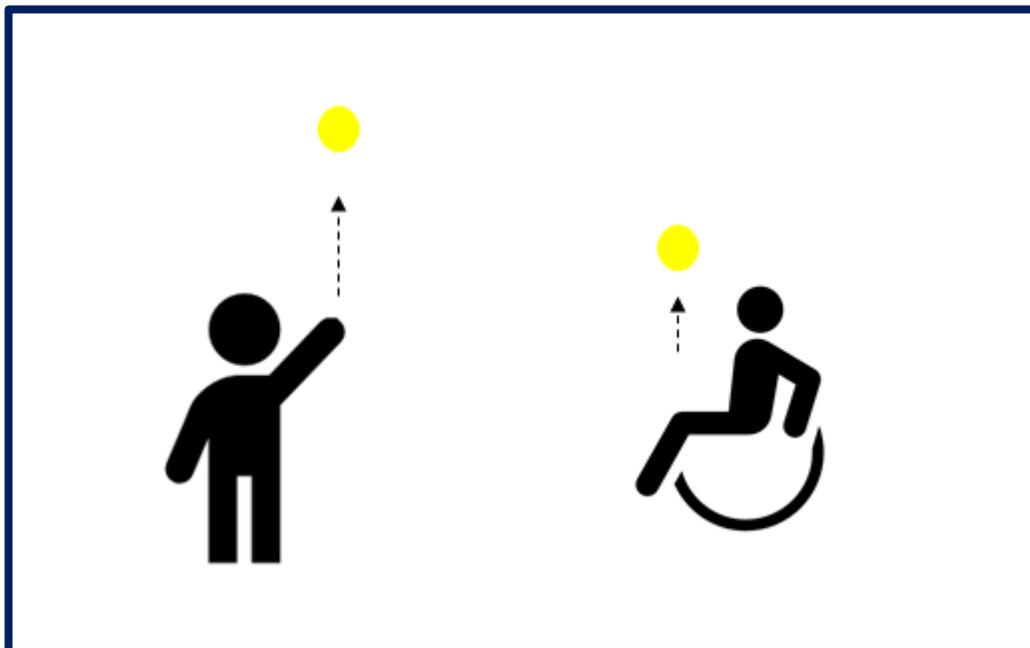
- How many challenges can you complete?
- Challenge 1- Can you catch your ball or object with 2 hands?
- Challenge 2- Can you clap before you catch your ball or object?
- Challenge 3- Can you balance and catch your ball or object with 2 hands?
- Challenge 4- Can you throw the ball up and turn around before you catch it?
- Challenge 5- Can you throw the ball up then catch it, turn and move around a cone and back?

Top tips...

- Create a catching basket with your hands
- Keep your eyes on the ball or object
- Don't throw your ball or object too high

Even more challenge...

- Can you clap more than once before catching the ball or object?
- Can you make up your own catching challenge?



Tickle the tape

How many players?

- 1 player or more

What do I need?

- Rope or household item (dressing gown)
- Socks or some tape

How to play the game?

- You will need someone to help you set up this game
- Create a hanging line between two items so the rope is suspended about 50cm off the floor, you could use chair or table legs.
- Use the tape to suspend items from the line or use items which can be hung over
- Number the items and ask someone to call out a number
- The aim of the game is to touch the correct item with your feet!
- You can play this game standing or seated
- Can you make it harder by trying to touch a sequence of numbers in a turn?

Top tips..

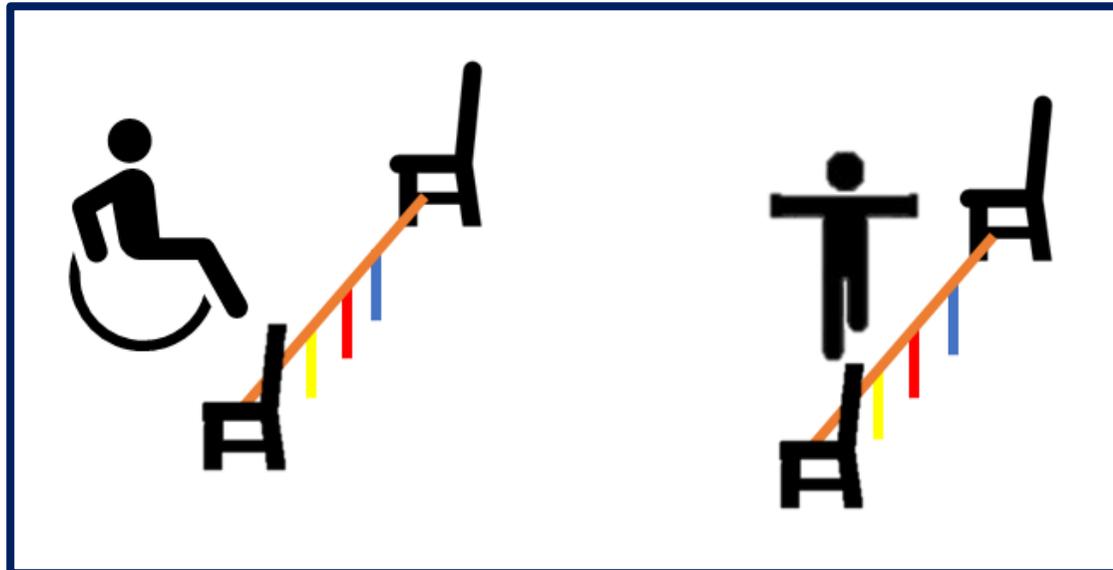
- Practice balancing before starting the activity
- Use assistance if required
- Try not to over stretch

Even more challenge...

- Can you use different body parts?
- Can you move further away from the rope?

Easier challenge...

- You can move closer to the rope
- Try the activity seated



Traffic Lights

How many players?

- 1 or more players

What do I need?

- 4 cones or household items
- An object for a steering wheel

How to play the game?

- Ask someone to help you play this game
- Practice the commands for the game
 - Red- Stop, Amber- moving on the spot, Green-moving around the space
- Now you know the commands its time to play
- When an adult calls out the command perform the command in the playing space
- Once you know how to play you can add in more commands!
- Puncture- hop or balance, Roundabout- turn around, Speedbump- jump or move arms up and down, Traffic jam- move slowly
- Can you create your own commands?

Top tips..

- Focus on keeping your head upright
- Try and remain balanced when moving around the area.

Even more challenge...

- Can you move around using different movements?
- Can you change the speed of your movements?

Easier challenge...

- You can walk or perform the movements slower

