



Move it Monday 25th January 2021



Today's Learning – think about what you need to do to control the speed and flight when throwing or rolling an object towards a target – how do you create power and speed?

How to play: Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

To start – find 5 objects (e.g. bucket, box, rucksack, bag, cones etc) that you can aim to hit with a ball, rolled up socks, paper aeroplane (you could make some and colour them), small soft toys etc.
Find 5 objects that you can roll, throw, bounce etc (try to get a variety e.g. rolled up socks, small ball, paper aeroplane, small soft toy, beanbag etc)

Game 1: - Nearest the Pin

- Place the thinnest / smallest targets 1m away.
- Stand 1m away and try to hit the target with

Playing with others – give points for hitting the target, if no one hits the target then the person who gets their throwing object the nearest to the target wins

If this is easy – move the target further away

**hit the
targets**

Throwing games
with different aims

Game 2: - Sink It

- Place buckets and boxes around the area you are playing in
- Stand 1m – 2m away and try to get your throwing objects to land and stay in the buckets and boxes

Playing with others – give points for each target, add up the points you achieve after throwing your items towards the targets (points can be for items which stay in the target, points for hitting the target e.g. 3 points for the box and 5 points for the bucket with 1 point if you hit the target but your throwing item does not stay in the target).

If this is easy – move the target further away

Game 3: - Sink It

- Place buckets and boxes upside down around the area you are playing in
- Stand 1m – 2m away and try to get your throwing objects to land and stay on top of your targets

Playing with others – do the same as in Game 2 above.

If this is easy – move the target further away

As part of our 100 Physical Active Break Club complete the following activity 5 times during the day (e.g. at 9am, 11am, 1pm, 3pm and 5pm) to help you feel re-energized and ready to concentrate more.



Standing Long Jump (should only do 20 maximum in one session)

Thoughtful Tuesday 26th January 2021

Sequence Champions

How to play: (Play for 30 – 40 minutes)

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Use a dice to create a movement sequence – add 3 movement actions together (KS1) 5 movement actions if you are in KS3

Roll a dice 3 times (KS1) or 5 times (KS2) times to see which movements you will join together and perform

Roll a 1 = A start jump

Roll a 2 = A narrow shape

Roll a 3 = A turn

Roll a 4 = A twist

Roll a 5 = A tuck jump

Roll a 6 = A balance



Link your movements

When you finish your first movement try and move into the next movement smoothly without pausing.

See next page for action ideas

Create fun and different ways to link your movements – hop, skip, roll, gallop, leap etc.

Perform your sequence then roll your dice again to create another sequence (create 10 sequences)

If playing with other people – perform your sequence for them to watch and ask others what they liked best.

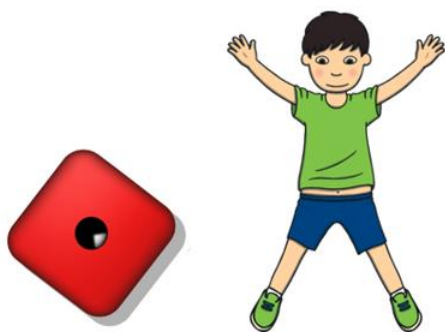
Variation: One person rolls the dice 3 times and all players create their own sequence using the same actions (take it in turns to roll the dice to select the movement actions)

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



Side Stretches (50 to the left: 50 to the right)

Sequence Champions



A star jump



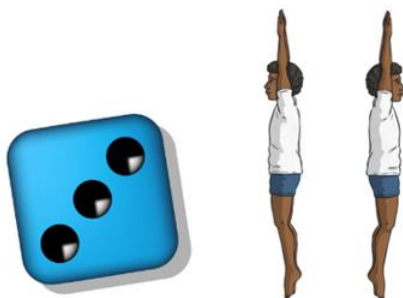
Sequence Champions



A narrow shape



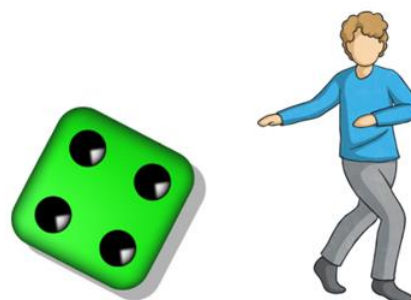
Sequence Champions



A turn



Sequence Champions



A twist



Sequence Champions



A tuck jump



Sequence Champions



A balance



Mindful Wednesday 27th January 2021



How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Game 1: Individual or pairs activity

Create an area that is 1m square – use small soft toys, cushions to mark the area – stand in the centre of your area.

Choose a variety of dynamic movements e.g. two-footed jumps, hops on left and right foot, bunny hops, jumps with turns etc.

Create a sequence by moving in different directions (forward, backwards, left to right, right to left etc.)

Start with a simple sequence of 3 or 5 movements.

*If this is easy – link more actions together **or** if there is enough space, make the square larger.*

If playing with other people – teach your sequence to someone else and they have to perform your sequence - *Did your partner get it right?* Were you able to copy your partners sequence?

Swap over

Question 1: What did you find difficult to perform?

Question 2: Which action do you like doing the most? Can you explain why you like it?

If you have a large area to play in – both people could do the sequence at the same time

Try joining both sequences together to make one big movement pattern. This can be done on your own or with both players performing at the same time.

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



The Plank (Hold for set 30 seconds etc) Try to hold for 100 seconds)

Well Being Thursday 28th January 2021

CIRCUIT 1

How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Set up 6 stations in your playing area - use the *support cards on the following 3 pages* to help you and to remind players what they should do at each station.

If you have 6 players – ask each player can start at a different station.

If you have more than 6 players – some stations will have 2 players doing the activity at the same time.

Players will complete an activity for 30 seconds and then move onto the next station and complete that activity for 30 seconds and so on...

KS1 - Complete 2 full circuits

KS2 – Complete 3 or 4 full circuits



Your time to experiment...

Set up more stations in the area – think up different actions you can do for 30 seconds

Change the activities at each station – make them easier or harder

Decrease / increase the time players work for

Work in pairs have a competition to see who can do the most repetitions in a set time at each station.

Circuit 1



Speed Bounce

Step / jump over a line or cone



Circuit 1



STORK STAND



Circuit 1



Step In, Step Out

Step onto and off a line, step into and out of a hoop / circle placed / marked on the ground



Circuit 1



CROSS CHOPS

Clasp hands and lock elbows. Stand shoulder width apart.
Reach up high then bend and reach low.
Maintain control and produce action correctly.



Circuit 1

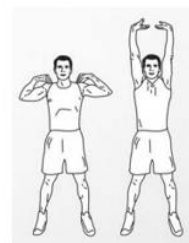


KNEE TO ELBOW

Stand tall, fingers touch ears but not hold head.
Bring knee up to elbow.
Alternate legs.



Circuit 1



SHOULDER TAPS

Arms bend, fingers touch shoulders and then arm extends upwards to straight position

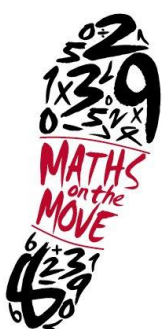


Fun Friday 29th January 2021

Physically Active Home Maths Challenge Year 1 and 2

You can set a time for each activity / question or for the entire work sheet

Children should try to be physically active as much as possible – encourage walking fast, running, hopping, jumping, skipping (without a rope) etc.



HOME Challenge Sheet

Year 1 and 2

1

How many steps?

Count how many steps it takes you to get from one side of the room to the other. Which room takes the most steps?

2

In height order

Collect 5 items that you can hold in your hands. Now order the items from tallest to shortest.

3

Doors or windows

Count the number of windows in your house.

Count the number of doors in your house.

Do you have more doors or windows?

4

Numbers all around!

How many items in your house have a number on them? TV remote control, clock, etc.

Which object has the most numbers?

5

Traffic lights

Look around your house for red, yellow and green items. Every time you see an item of this colour write it down.

Which colour is the most popular?

6

Weigh it up

Collect 10 items from your house. Order them from lightest to heaviest. Now order them from tallest to shortest.

7

How many body parts?

How many people are in your house?

How many eyes in total?

How many legs?

How many noses?

How many toes?

8

2D Shape Hunt

Count how many of the following shapes you can find in your house.

Squares

Rectangles

Triangles

9

How many handles?

Count how many handles are in your house. Look for doors, cupboards, windows etc. How many did you find?

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



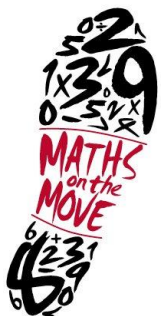
Seated Knee Extensions / Complete 50 per leg

Fun Friday 29th January 2021

Physically Active Home Maths Challenge Year 3 and 4

You can set a time for each activity / question or for the entire work sheet


Children should try to be physically active as much as possible – encourage walking fast, running, hopping, jumping, skipping (without a rope) etc.



HOME Challenge Sheet


Year 3 and 4

1 Estimate & measure



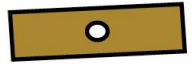
Find 5 items that are under 30cm. Estimate their length. Now measure them with a ruler. How close were you?

2 3D shapes



Can you find any of the following 3D shapes around your house?
Cuboid, cylinder, pyramid, cone, sphere.
Which do you have the most of?

3 Count and multiply




Guess how many cupboards and drawers you have in one room of your house.
Now go and count them!
Multiply the two numbers together!

4 Symmetry


Make a symmetrical shape out of items around your house.

5 Roman numeral sticks



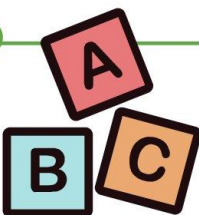
Using spaghetti or pencils or lolly sticks can you make all of the numbers from 1 to 50?

6 Stop the clock burpees



Use a stopwatch to time yourself doing 10 burpees. Have five attempts and record the times.
What was the fastest time?
What was the difference between the fastest and slowest time?

7




5 minutes to find as many items as possible that begin with the letter **A**
5 minutes to find as many items as possible that begin with the letter **B**
5 minutes to find as many items as possible that begin with the letter **C**
How many items did you find in total?
Which letter of the alphabet do you think would give you the most items?

8 Parallel and Perpendicular

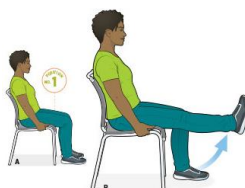
Are you able to find 5 examples of parallel lines and 5 examples of perpendicular lines in your house?

9 How many handles?



Count all of the handles in each room of the house.
Plot a bar chart to show which room has the most handles.

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



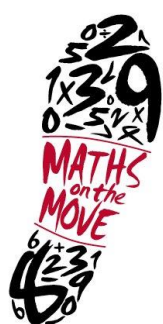
Seated Knee Extensions / Complete 50 per leg

Fun Friday 29th January 2021

Physically Active Home Maths Challenge Year 5 and 6

You can set a time for each activity / question or for the entire work sheet

Children should try to be physically active as much as possible – encourage walking fast, running, hopping, jumping, skipping (without a rope) etc.



HOME Challenge Sheet

Year 5 and 6

1

How many handles?

Count all of the door handles in your house.

What fraction of the handles have locks?

2

Odd socks

Take three different pairs of socks (6 socks in total). How many new pairs of socks can you make from the 6 socks you have?

3

Stop the clock star jumps

Use a stopwatch to time yourself doing 15 star jumps. Have five attempts and record the times. What was the fastest time?

What was the difference between the fastest and slowest time?

5

Always read the label!

Take a box/packet of food. Add up every number on the packet.

Check your answer with a calculator!

6

Find the area

Measure the area of the smallest and largest rooms in your house.

Smallest

Largest

What is the difference between your answers?

4

How long?

Estimate the length of a room in your house.

Now measure it.

How close were you?

7

Count and multiply

Count each of the following in your house: chairs, doors, cupboards, windows, pillows, spoons, clocks and shoes. Now multiply the following pairs together. Before you begin counting - which calculation do you think will have the largest total?

Chairs x Doors

Cupboards x Windows

Pillows x Spoons

Clocks x Shoes

8

Prime number hunt

How many prime numbers are written around your house?

What is the largest prime number you can find?

9

Paper aeroplanes

Design and create three paper aeroplanes. Record the distance each plane flies and see which one flies the furthest.

Plane 1

Plane 2

Plane 3

What was the difference in cm between the three distances?

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



Seated Knee Extensions / Complete 50 per leg

Sporty Saturday 30th January 2021

Family Fun Time

Complete this challenge in the house or go on a family walk and see if you can see or find the following things:

Outdoor Scavenger Hunt	
Collect all of the following items in a bag, box or basket. Tick the item when you find it.	
5 Leaves that all look different	
A stick that is longer than your hand	
Something you love to play with	
Something that is blue	
Something that is heavy	
Something that is very light	
Something that needs water to live	
Something that is smaller than your thumb	
Something that starts with the letter "B"	
Something that smells nice	
A feather	
Something round	
Something that has a letter on it	
Something that has a number on it	
Something that is yellow	
Something made from wood	
Once you have everything and the challenge is complete - put everything back where you found it.	
Well done - time for a snack and a drink	

This could be a race or just part of a family walk activity (*Covid-19 Restrictions must be adhered to*)

Who can find everything in the quickest time OR set a time limit and the person who finds the most items on the list wins.

Relaxing Sunday 31st January 2021

Family Fun Time

Time for some relaxation

Cosmic Kids Yoga Movie Marathon! (Frozen)



Visit: <https://www.youtube.com/watch?v=AExV2szpGc>