

## Staying active at home (and keep learning...)

It is really important we all stay active during this time.

Children are used to be **physically active** during the school day so keeping some level of activity during the day will ensure their physical and mental health. Also, children enjoy being active!

The official guidance is that children should have at least 60 mins a day of moderate to vigorous activity.

- During moderate intensity activity children should still be able to carry on a conversation
- During vigorous intensity activity, children should find it more difficult to carry on a conversation.

There are masses of resources online that can support you with this, examples are:

Joe Wicks:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

BBC Supermovers:

<https://www.bbc.co.uk/teach/supermovers>

Change 4 Life:

<https://www.nhs.uk/change4life>

Go Noodle:

<https://www.gonoodle.com/>

Cosmic Kids:

<https://www.cosmickids.com/>

Succeed in PE:

<https://online.succeedin.co.uk/public/index/638>

Many of these you can do with them.....

I am also keen for the children to keep **learning and improving**. So similar to their other subjects please find below some **PE ideas**. I am planning to put together a weekly set of ideas for the children. Please encourage them to have a go at these as part of the schoolwork.



## Can you tweet what you do....?

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## Reception and KS1

The key to the Reception and KS1 curriculum is developing the children's fundamental movement skills. They should become increasingly competent and confident both individually and with others. They should be able to engage in competitive (both against self and others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

*[from the PE National Curriculum]*

### What are fundamental movement skills?

I tend to describe them as the "...ings", for example:

Fundamental Movement Skills		
Locomotor	Stability	Manipulative
Walking	Balancing	Throwing
Running	Landing	Catching
Hopping	Turning	Striking
Skiping	Twisting	Kicking
Bounding	Bending	Dribbling
Leaping	Stretching	Bouncing
Jumping	Extending	Pushing
Rolling	Flexing	Pulling
Galloping	Hanging	Carrying
Sliding	Bracing	Trapping
Dodging	Rotation	Collecting

Any activity which involves any of the above skills is great for the children.

### Ideas for this week:

#### Read a story:

- Can you act out the story, eg. Moving in different ways and at different speeds

#### Creating an obstacle course:

- Can you climb over/ under/ along, jump over obstacles with control?

#### Musical Statues:

- Can the children make a shape which they can hold still for 3-5 secs?
- Can their shape be on their feet? What other parts of their body can they use?
- If they are finding this easy, can they make the shape more difficult? E.g. balance on a smaller area; can they link 2 shapes together?

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## KS2

The curriculum in KS2 looks at develop and apply a broader range of skills and learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

*[from the PE National Curriculum]*

These can include:

- Invasion games (netball, football, hockey etc),
- Striking & fielding games (cricket, stoolball etc)
- Net games (tennis, badminton, volleyball etc)
- Gymnastics and Dance
- OAA

These can be developed individually, in pairs and in teams with competition:

- How many can I do?
- Can I improve my score? How can I achieve this?
- How well can my partner and I do?
- Can we improve our score? How can we achieve this?
- How well has my team done?
- How can we do better?



## Ideas for this week: Throwing and catching

		<b>Challenge</b>	<b>Too easy? Too hard?</b>	<b>Top tips</b>
On your own	Standing still, bounce on the ground/ throw and catch	How many can you do in 30 seconds? Can you beat your score? Can you go for longer before you drop the ball?	Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand	Stand with a stable base Watch the ball
	With tricks	Can you throw the ball up, turn through 180 deg, let the ball bounce and catch the ball? As above but with no bounce? Can you throw the ball, clap and then catch? Can you think of your own trick?	Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand	
	Moving round – bounce on the ground/ throw in the air	How many can you do in 30 seconds? Can you beat your score?	Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand Develop to Basketball dribbling	Watch the ball Use “soft hands”
	Add in some movement	Using more balls, place them in different places. Move to each ball in turn and bounce for 5	How many balls can you get to in 1 min? Can you beat your score? Vary ways of travelling, e.g. skipping; galloping	Think about how fast you move between the balls, How can you change direction quickly?
In pairs/ groups	How many passes can you make?	Rules: You must be more than 1m apart You cannot receive the ball in the same place twice so you must move! How many passes can you make in 1 minute? If you haven't got a partner, try using a wall	Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand Don't send the ball directly to your partner, they must move to receive it	Remember to watch the ball Communicate with your partner Think about the accuracy and pace of your pass
	Using different types of throw	Can you vary the type of throw? Chest pass; bounce pass; shoulder pass; underarm throw	Use more than 1 ball Use different passes	Remember to watch the ball Communicate with your partner
Extension	How else can you send and receive a ball?			

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