

Key Stage 1
(Year 1 & 2)
ACTIVE AT HOME

We all know the benefits of being physically active .

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most activities only take around 5-30 minutes to complete, so it can fit easily into the day.

Here are some ideas and resources we think you might find useful placed in a weekly activity timetable. You can adapt the timetable to suit your own needs!

If you have any further activities you recommend, please let us know and we can share them with everyone else.



Check out our social media channels and tag us in any of your activities

Facebook - @DurhamClsSSP
<https://www.facebook.com/DurhamClsSSP/>

Twitter - @DurhamCLS_SSP
https://twitter.com/DurhamCLS_SSP



Durham & CLS School Games – Physical Activity Timetable



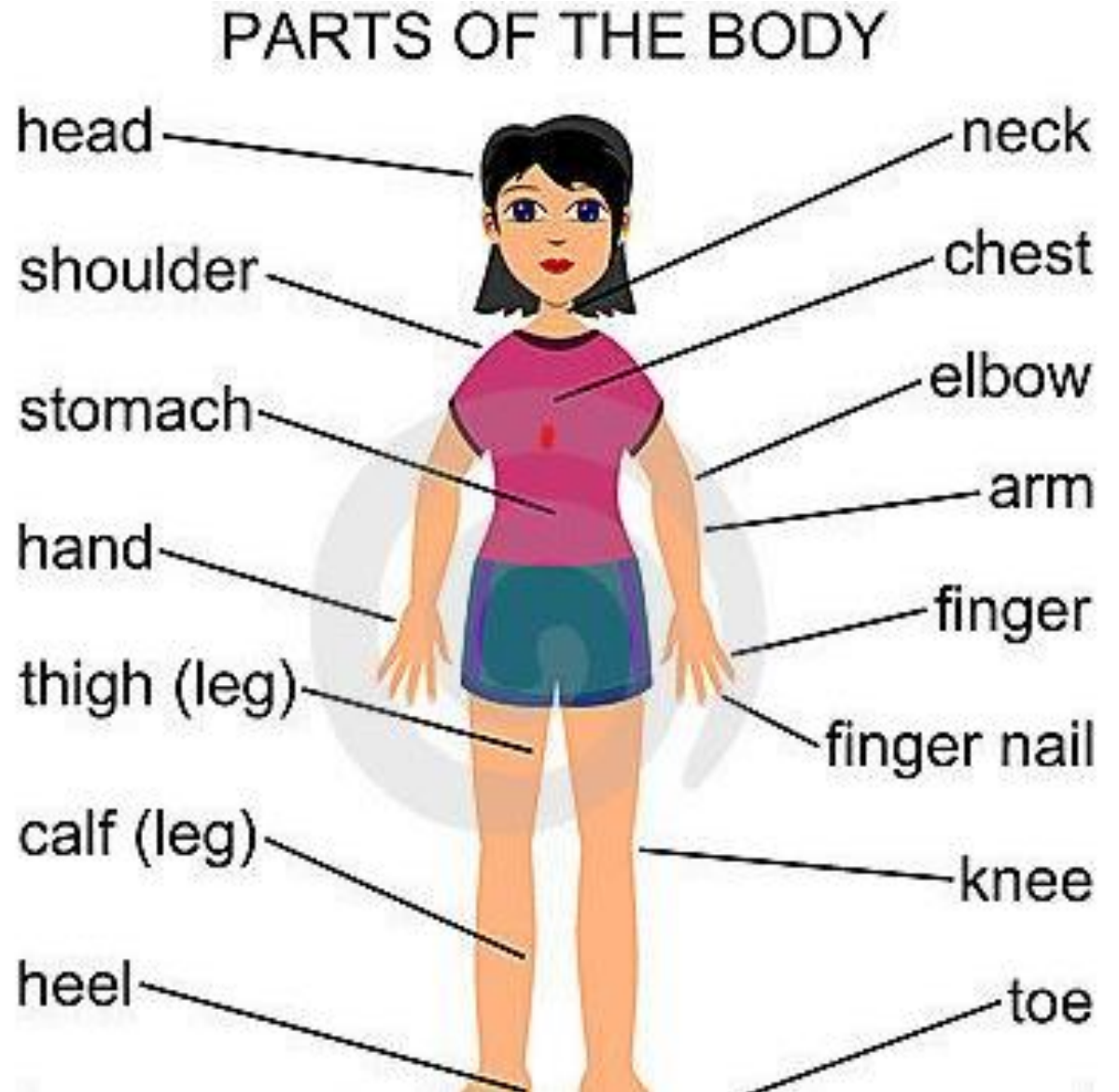
Key Stage 1 (Year 1 & 2) Week 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p>Have a go at the tricky Line Jump Workout Game. Click the link below.</p> <p>Click here for Video</p>	<p>Give this fun dance a try. It is sure to get your heart beating faster.</p> <p>Click here for Video</p>	<p>Play a game of River Crossing either inside or out.</p> <p>Take a look at slide 5 for instructions of how to play.</p>	<p>Click on the link to join in a easy to follow Kids home exercise session.</p> <p>Click here for Video</p>	<p>Collect as many different size balls as you can. Try practicing some throwing and catching. You can do this by throwing the ball in the air or against the wall.</p> <p>See if you can try it with a variety of balls you may have at home.</p> <p>Is it easier or more difficult with a smaller or larger ball?</p>
SCHOOL GAMES VALUES ACTIVITY	<p>Self belief Listen to and join in the song – Believe in yourself</p> <p>Click here for Video</p>	<p>Passion Complete the worksheet/ poster – 4 things I love to do! (See Slide 4) You can complete the sentences and draw a picture of some of your favourite things to do .E.g. dancing, baking, playing cricket, singing etc.</p>	<p>Respect Today I really want you to think about respecting other members of your family. Can you try extra hard to be kind to them, listen to them and think about how your actions effects their feelings? This is showing RESPECT!!</p>	<p>Determination Remember Monday’s challenge to learn the different parts of the body. Practice these and be determined to learn and remember them all. Ask an adult to test you once you know them all.</p>	<p>Team Work Show good team work when playing a board game with some family members. Be sure to take turns and be a good team player.</p>
CHALLENGE ACTIVITY	<p>BRAIN CHALLENGE</p> <p>Can you challenge yourself to learn as many BODY PARTS as you can.</p> <p>The picture in slide 3 will help.</p>	<p>Try taking part in the ‘BOP IT’ Challenge What this video to see how it is done. You will need a piece of paper. Click here for Video</p>	<p>Can you complete all of the activities in the TEDDY BEAR CHALLENGE.</p> <p>Click here for Video</p>	<p>Try taking part in the sock flip challenge. This challenge has 3 parts to it – Maybe start by trying them individually before putting it all together. This is a tricky one. Click here for Video</p>	<p>Give this Gymnastic stretch challenge ago. How far can you stretch?</p> <p>Click here for Video</p>

BRAIN CHALLENGE

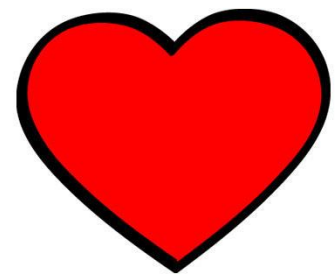
Challenge yourself to learn as many body parts as you can.

This will help when taking part in sporting and physical activities.





4 things I love to do!!!!



I love to

I really enjoy

.....is my favourite activity.

..... makes me happy.

RIVER CROSSING

AGE: 5 to 11

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Pillows, chairs

HOW TO PLAY:

Your aim is to cross from 1 side of the 'river' (the room or garden) to the other without falling in the 'water' (directly touching the floor). You can use any household items to help you cross the river like pillows, chairs, etc. These items 'float' on water.

Try to cross the river by using as few items as possible to make it challenging.

