

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](https://twitter.com/DurhamCLS_SSP)



## Durham & CLS School Games – Physical Activity Timetable



### Key Stage 1 (Year 1 & 2) Week 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PHYSICAL ACTIVITY</b>	<p>Try joining in with this fun 'Just Dance' routine and move like a pirate.</p> <p><a href="https://www.youtube.com/watch?v=oe_HDfdmnaM">https://www.youtube.com/watch?v=oe_HDfdmnaM</a></p>	<p>Play the Bean Game (you may recognize this one from school). Get the family involved.</p> <p><b>See slide 4 for rules</b></p>	<p>Give this 'Space Heros' Yoga session ago with 'Cosmic Kids'. This is a great one for the whole family to join in with.</p> <p><a href="https://www.youtube.com/watch?v=LgJ2z1Pt7vg">https://www.youtube.com/watch?v=LgJ2z1Pt7vg</a></p>	<p>Play a game of '<b>Feed the animals</b>' This game is to work on your throwing skills.</p> <p><b>See slide 8,9,10,11 for rules and pictures</b> You could try using a balls of socks or paper if you don't have beanbags at home.</p>	<p><b>Zooming time</b> Be active for 30 minutes using transport. For example Balance Bike, Scooter, Bike. Can you make up a course that you can travel around? Slalom (go in and out) of obstacles (e.g. trees) and keep control. Remember balance is very important.</p>
<b>SCHOOL GAMES VALUES ACTIVITY</b>	<p>Self belief Can you complete the colouring sheet to show your good qualities.</p> <p>See slide 3</p>	<p><b>Honesty</b> <b>Have a look at the Honesty poster, you may need an adult to help read this one.</b> <b>See Slide 5</b></p> <p><b>After looking at the poster have a think and a chat about a time when you thing someone was dishonest, Have you ever been dishonest?</b></p>	<p>Respect Unscramble the letters to complete my Rainbow of Respect</p> <p>See slide 7</p>	<p><b>Determination</b> <b>Be determined to learn a new skill. This could be skipping, riding your bike, even something like tying shoelaces etc</b> <b>This may take a while to perfect but don't give up, you can do it. . Maybe set yourself a deadline to help encourage you to keep working on it. BE DETERMINED!</b></p>	<p><b>Team Work</b> <b>Watch this TOTS song 'Working Together'. Try singing along.</b> <a href="https://www.youtube.com/results?search_query=tots+songswor king+together">https://www.youtube.com/results?search_query=tots+songswor king+together</a></p> <p><b>Now see if you can think about working together with your family members at some point today to get a job done quickly.</b></p>
<b>CHALLENGE ACTIVITY</b>	<p>Try this fun balance Challenge. Get your grown ups involved too.</p> <p><a href="https://www.youtube.com/watch?v=avh1jp9OzDs">https://www.youtube.com/watch?v=avh1jp9OzDs</a></p>	<p>Give the catch and clap challenge a go. If you tried this in week 7 see if you can beat your best score.</p> <p><b>See slide 6 for details</b></p>	<p>Give this Bottle flip challenge a try. Why not ask a family member to join in too.</p> <p><a href="https://www.youtube.com/watch?v=BT2gG-1ZcpA">https://www.youtube.com/watch?v=BT2gG-1ZcpA</a></p>	<p>Can you complete the speed bounce challenge today. Take a look at our video and give it a try.</p> <p><a href="https://www.youtube.com/watch?v=ydA52IL_GQ0">https://www.youtube.com/watch?v=ydA52IL_GQ0</a></p>	<p>Last challenge of the week is a skills based challenge. Take a look at the video below, It's a tricky one!</p> <p><a href="https://www.youtube.com/watch?v=eiajdkEB1Pg">https://www.youtube.com/watch?v=eiajdkEB1Pg</a></p>

# I AM....

RESPECTFUL

STRONG

BRAVE

BEAUTIFUL

HONEST

Confident

KIND

SMART

HELPFUL

CLEVER

FRIENDLY

BELIEVE IN  
YOURSELF!!!  
COLOUR IN THE  
SHAPES YOU THINK  
MATCH YOU BEST.

# BEAN GAME

**A fun energetic simple game.**

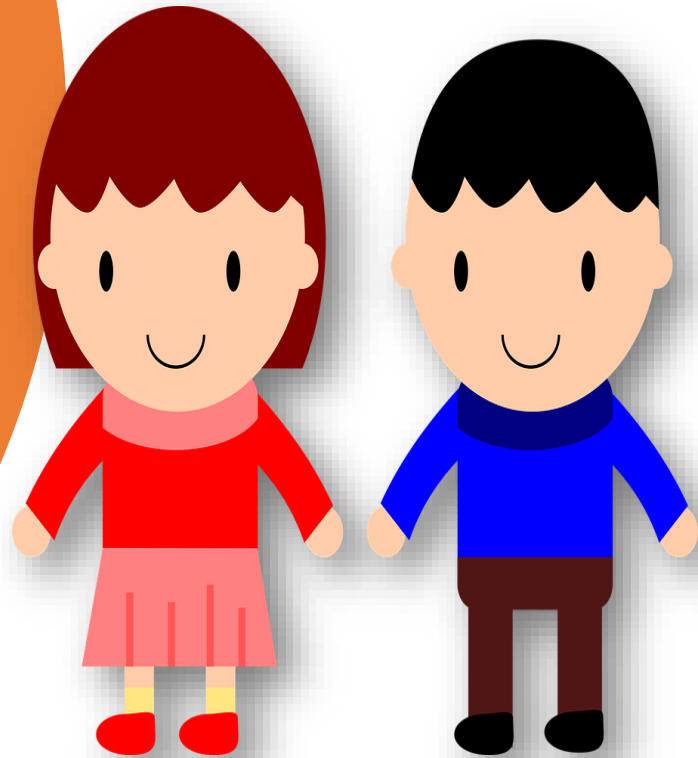
Ask a family member to shout out different types of beans from the list. The children need to perform the movement to match the type of bean shouted out.

Make sure you have a clear space to play so you can travel around the space safely.

- **Jumping bean= jumping**
- **Runner bean= running**
- **Broad bean= wide stretched out shape**
- **Jelly bean= wobbling like jelly**
- **Hot bean= hopping**
- **French bean= skipping saying bonjour to those you pass.**
- **Baked bean = curl in a ball on the floor**
- **Beans on Toast= Lie on the floor in a star shape (toast)**

# HONESTY

HONESTY IS BEING **TRUTHFUL, STRAIGHT FORWARD AND FAIR.** IF YOU ARE HONEST IT SHOWS PEOPLE THAT YOU ARE **TRUSTWORTHY!**



## EXAMPLES OF HONESTY

- DOING WHAT YOU SAID YOU WOULD DO.
- TELLING THE TRUTH.
- ADMITTING TO MISTAKES.
- DOING THE RIGHT THING.
- NOT TAKING THINGS THAT AREN'T YOURS.
- NOT MAKING EXCUSSES.
- FOLLOWING THE RULES.

# 60 Second Challenge

## Catch and Clap

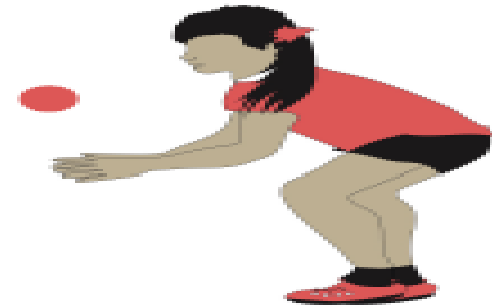
Which skills do you think will be key to succeed?

### The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

**#StayHomeStayActive**



### Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

### Achieve Gold

35 catch and claps



### Achieve Silver

25 catch and claps



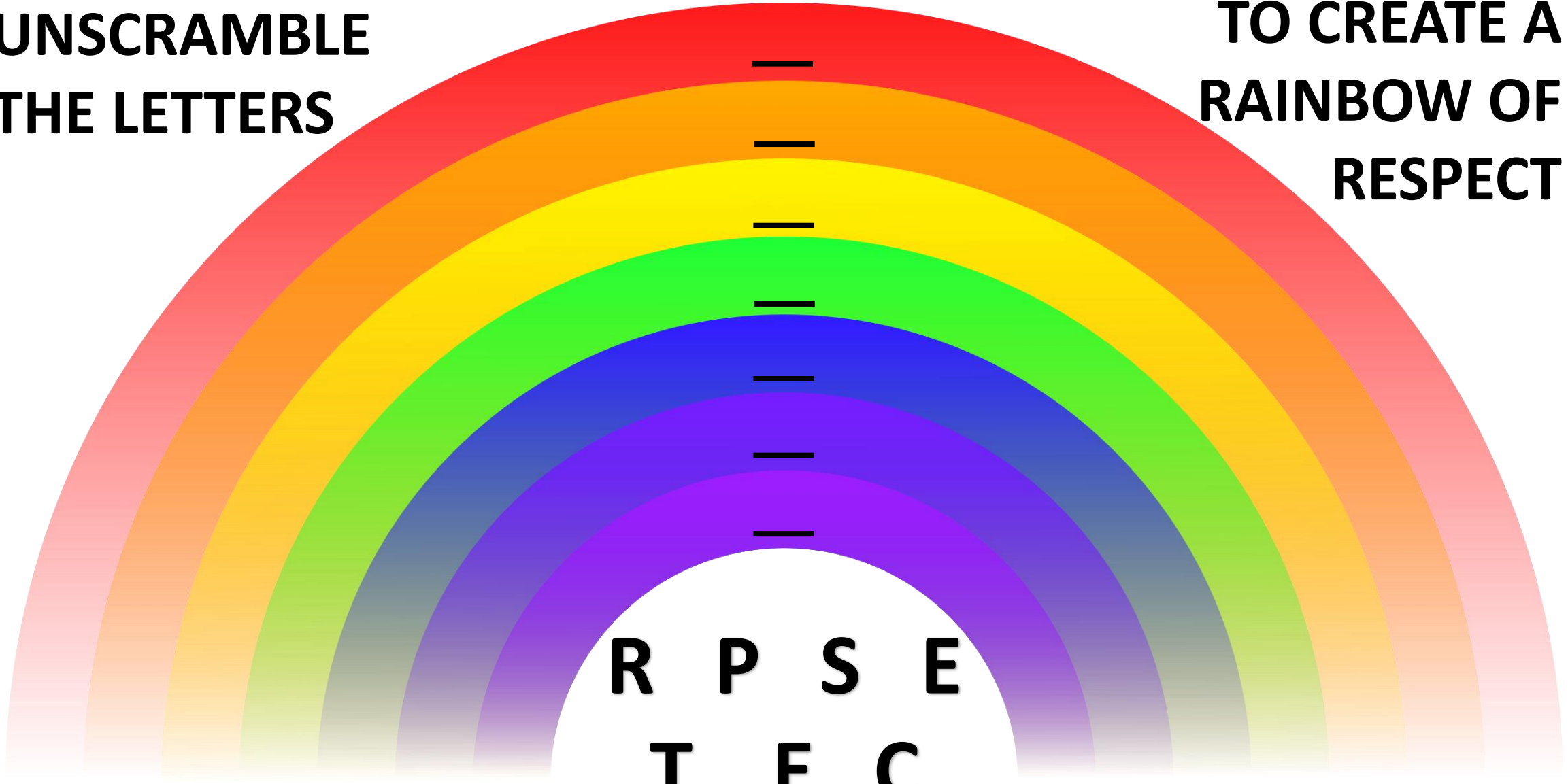
### Achieve Bronze

15 catch and claps



**UNSCRAMBLE  
THE LETTERS**

**TO CREATE A  
RAINBOW OF  
RESPECT**



**R P S E  
T E C**



# THROWING



ELEVATING ATHLETICS

## Age 5 - 7 Feed the animals

### Learning Outcomes

- Throw accurately at raised targets

### Suggested Resources

- Large pictures of animals
- Beanbags

### Activities

- 1 Place large pictures of animals at varying heights on a wall with no windows
- 2 Stand groups of 4 pupils opposite a picture
- 3 Pupils feed the hungry animals by throwing them some 'food'
- 4 Each child takes it in turn to throw their beanbag to the animal
- 5 Rotate groups so that they try to feed all the animals

### Variations

- 1 Pupils throw:
  - under-arm
  - over-arm
- 2 Increase distance from the wall
- 3 Place pictures higher
- 4 Outside, use light balls as well as beanbags
- 5 Outside, use large cardboard cut-outs placed on the ground at various distances



### Differentiation

- Vary the size of the picture

### Learning Point

- "Throw with your opposite foot forward to your throwing hand (i.e. right hand throw, left foot forward)"



