

Lower Key Stage 2
(Year 3 & 4)
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

Week 13 – Lower Key Stage 2 (Year 3 & 4)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p>Follow a Leanne Kemp's Fitness video, activities are children and adult friendly!</p> <p>Click here for video</p>	<p>Get outside and enjoy a run or walk with a family member.</p> <p>See if you can move continuously for 30 mins.</p>	<p>Follow SSP Coach Gemma Smith's 'Better when I'm dancing' routine</p> <p>Click here for video</p>	<p>Play a fun game of Blanketball.</p> <p>Equipment – Ball and a blanket.</p> <p>See slide 4 for rules and instructions.</p>	<p>#This is PE Reaction Wall Activity</p> <p>Click here for video</p>
SCHOOL GAMES VALUES ACTIVITY	<p>Self belief</p> <p>Balance challenge. Believe in yourself that you can hold the balance longer each time you practice.</p> <p>Try this challenge with 2 or 3 of the balances shown on slide 3.</p>	<p>Passion</p> <p>Do you like Dancing and TikTok?</p> <p>Perform a dance and send to a friend and see if they can copy or send a favourite dance of their own back.</p>	<p>Respect</p> <p>Sit down and play a board game with your family .</p> <p>Create a set of rules to follow that will demonstrate respect for others and make the game fair and fun.</p>	<p>Determination</p> <p>Can you and you and your family perform a, at home Daily Mile?</p> <p>Use a route of your choosing and map your walk or run.</p>	<p>Teamwork</p> <p>Can you draw a caricatures picture of your entire family?</p> <p>Look on YouTube for ideas or tips on how to begin.</p>
CHALLENGE ACTIVITY	<p>See slide 5 for Monday's Long Jump Athletics Challenge</p>	<p><u>See slide 6</u></p> <p>Try the 'Beat the Coach' Obstacle course challenge</p> <p>Click here for Video</p>	<p><u>See slide 7</u></p> <p>Try the 'Beat the Coach' Tuck in tuck out challenge</p> <p>Click here for Video</p>	<p>See <u>Slide 8</u></p> <p>Try a home circuit created by students from Durham Johnston School</p>	<p><u>See Slide 9</u></p> <p>Take on the Bowling Challenge... Can you get a strike?</p>

2 POINT BALANCES!



BLANKETBALL

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Blanket, soft ball or rolled up socks

HOW TO PLAY:

In pairs, hold the corners of a blanket tightly. Place a soft ball on the blanket and stop it from touching the floor. You can try tossing it up in the air and catching it.

If there's another pair playing you can try to bounce it to each other. This must be done outside.



Athletics Activity Challenge

Have fun and make sure you warm up, and also stretch before and after the activity.

STANDING LONG JUMP

Instructions

Use 2 cones (or cone alternative) to set out a starting point and position your feet in the middle.

Slightly bend your knees.

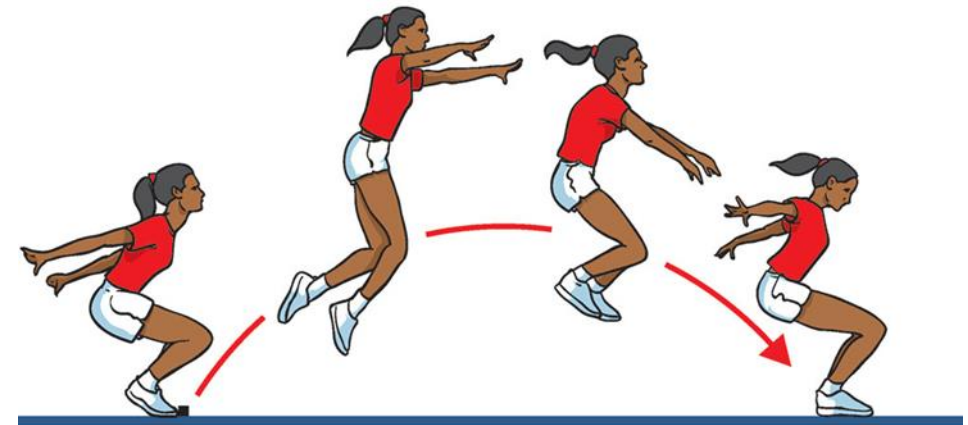
Begin swinging your arms back and forth.

When you have built up a good rhythm, jump forward and land with 2 feet on the floor.

Using a cone, chalk or measuring devise- mark where you have landed.

Return to the start and attempt to beat your previous distance.

Remember to have soft knees on landing



60 Second Challenge

Obstacle Course

How will you move to make sure your jump as many as you can?

The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



#StayHomeStayActive

Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold

45 points



Achieve Silver

30 points



Achieve Bronze

15 points



60 Second Challenge

Tuck In Tuck Out

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold

15 tuck in tuck outs



Achieve Silver

10 tuck in tuck outs



Achieve Bronze

5 tuck in tuck outs





Home circuit created by Year 7 girls Durham Johnston School

Warm up— Put on your favourite music and move around the room for the full track. Pulse raiser and dynamic stretches in time to the music.



Jumping jacks—3 sets of 12



Wall sit 3 sets as long as you can



Side plank 3 sets 30 seconds



Press ups 3 sets of 12



Windshield washers 3 sets of 12



Alternate heel touches 3 sets of 12 each side



Donkey kicks 3 sets of 12 on each side



Butterfly kicks 3 sets of 20



Hip raises 3 sets of 45 seconds



Superman 3 times, holding each one for 20 seconds



Knee raises 3 sets of 20



Leg abduction 3 sets of 20 each side

Cool down— Put on your favourite slow song and stretch your muscles. Start at your head and work all of the way down to your toes.

Bowling

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?