

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>Speed Training</p> <p>Work on your fitness and smash some personal bests.</p> <p><u>See slide 4-5</u></p>	<p>At Home OAA.</p> <p>Try a little orienteering at home with your family.</p> <p><u>See slide 7</u></p>	<p>Play 60</p> <p>Spend 60 minutes outdoors with your family for fresh air and some exercise of your choice.</p>	<p>Indoor Scavenger Hunt</p> <p><u>See slide 10</u></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>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>Head, Shoulders, Knees : Bottle</p> <p><u>See challenge on slide 3</u></p>	<p>Hat Charades</p> <p><u>See challenge on slide 6</u></p>	<p>Broom Mini Golf</p> <p><u>See challenge on slide 8</u></p>	<p><u>Jumping Numbers</u></p> <p><u>See challenge on slide 9</u></p>	<p><u>Sock Baseball</u></p> <p><u>See challenge on slide 11</u></p>

HEAD, SHOULDERS, KNEES: BOTTLE

AGE: 7+

NUMBER OF PEOPLE: 3+

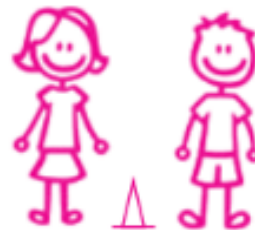
SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Bottle or toy

HOW TO PLAY:

2 players face each other with a bottle or toy on the floor between them. The 3rd person (the ref) shouts out parts of the body to touch eg 'heads': they touch their heads, etc. When the ref says 'bottle', the first person to grab the bottle wins that round and becomes the new ref.

Add other 'winning' instructions like 'wall': first person to touch wall wins, 'pink': touch something pink, etc.



The Workout

SPEED TRAINING



1. DISTANCE HOPPING



2. BUTT KICKERS



3. BOUNDING



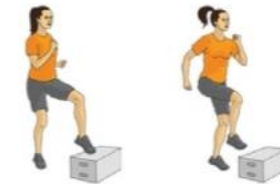
4. SKIER HOPS



5. RABBIT HOPS



6. LUNGE JUMP



7. BOX TOE TOUCHES



8. HIGH KNEES



9. WALL SIT WITH CALF RAISE



10. BURPEES

Personal Best Chart

Exercise	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Distance Hopping					
Butt Kickers					
Bounding					
Skier Hops					
Rabbit Hops					
Lunge Jump					
Box Toe Touches					
High Knees					
Wall Sit with Calf Raise					
Burpees					

HAT CHARADES

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: 2 hats or bowls and paper to write down adverbs and actions

HOW TO PLAY:

Spend time thinking up some fun adverbs (quickly, surprisingly, casually, etc) and actions (walking the dog, cleaning the dishes, swimming, etc). In the first hat, fold up pieces of paper describing adverbs and in another add actions.

To play: 1 person picks a piece of paper from both hats and performs. The others try to guess both adverb and action.

Take turns acting.





#stayhomestayactive

#PEatHome

EXPLORE



Find 10 small soft objects that you can throw – these can be screwed up balls of paper or rolled up socks! Find something to use as a target – a bucket, bowl or a sheet of paper will do!

Bright ideas:

Set your target a short distance away and then practice throwing your objects to land in or on it.

Now try the same activity with your eyes closed. Were you as accurate?

Try moving the target further away and repeat the activity.

What do you need to think about when you have your eyes closed?



@OAAinfo
www.twinkl.co.uk

Where can I find out more about OAA?

<http://www.thisisdurham.com/outdoor-s/outdoor-adventure-activities>

PRACTICE

Ask someone from your family to help you with this!

Repeat the activities from the 'explore' section but this time:

Ask your family member to try it with their eyes closed. You need to have your eyes open and give directions and instructions so that they can hit the target.

**English Challenge!**

Think of an exciting setting for your obstacle activity – maybe in a swampy jungle, out in space or on the high seas.

Think about the quest you are going on to reach the other side!

Write an adventure story describing how you achieved your quest.

What treasure awaits you?

**Computing Challenge!**

Draw a square on piece of paper and draw on randomly placed obstacles.

Imagine you have to guide a robot through your obstacles from one side to the other.

Can you write instructions to get your robot safely to the other side.

Top Tip – drawing small squares on your paper might help

This is durham

Make sure the space is safe and away from hazards when completing tasks with your eyes closed



DEVELOP



Now take your 10 small objects and spread them out on the floor. Ask someone to help you out again!

Ask them to close their eyes and guide them through the obstacles to the other side by giving clear instructions. Could they collect some 'treasure' when they get there?

Don't let them step on anything! Make your instructions really clear.



Can you be creative and invent an adventure for this activity?

**Parent's Tip!**

Start with the objects a short distance from the target or the obstacles far apart.

Then make the objects further away and the obstacles closer together for challenge!

LKS2

BROOM MINI GOLF

AGE: 7+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room or Garden

EQUIPMENT NEEDED: Broom sticks, a cup, paper, soft ball or pingpong ball

HOW TO PLAY:

Create a mini golf course around the living room or garden using a tipped over cup as the hole.

Make it more difficult like having to go round corners, in a book tunnel or under chairs.

Use a broom handle or stick as the club. Indoors, the ball can be a Ping-Pong ball or a scrunched up paper ball. Outdoors you can use a soft ball.



JUMPING NUMBERS

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

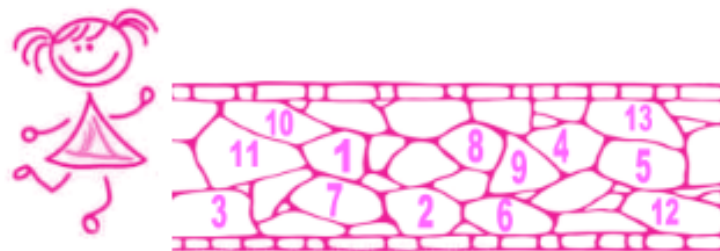
SPACE NEEDED: Patio, pavement, tarmac

EQUIPMENT NEEDED: Chalk

HOW TO PLAY:

Using chalk, write numbers randomly on the patio slabs.

Players take it in turns to compete, jumping number to number. Start with 2 numbers, if the player is successful, they add a number to the sequence and then the next person has a go. (eg. Sequence is 1-8-19, player #1 is successful, they choose to add #11 to the sequence, next player must do 1-8-19-11 to be successful, etc)



INDOOR SCAVENGER HUNT

primary & playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



SOCK BASEBALL

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Garden or Park

EQUIPMENT NEEDED: Stick and rolled up socks

HOW TO PLAY:

Get your batting skills going. Using a stick as a bat and rolled up socks as a ball. Take it in turns to be the batter and the bowler.

To make it easier, use a tennis racket.

Can you hit and run for a homerun?

How far can you hit it?

How many times in a row can you hit it?

