

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 15 – Lower Key Stage 2 (Year 3 & 4)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PHYSICAL ACTIVITY	<p>Family Walk/ Dog Walk</p> <p>Can you or a family track your steps on 30 minute family walk?</p> <p>How many steps did you do?</p>	<p>Follow one of Leanne's fitness videos</p> <p>Click here to find the video</p>	<p>Try making a mini circuit.</p> <p>See Activity Card on <u>Slide 3</u></p>	<p>Follow one of Gemma's dance Videos</p> <p>Click here to find the video</p>	<p>Be active for 60 minutes using transport.</p> <p>For example Balance Bike, Scooter, Bike, Skateboard or even walk.</p>
SCHOOL GAMES VALUES ACTIVITY	<p>Self belief</p> <p>Set a goal for the week a head. It could be 30mins exercise a day, learn a new skill increase practise of a particular sport you play.</p>	<p>Passion</p> <p>Make a vision board on all the things you enjoy!</p>	<p>Respect</p> <p>Can you play a virtual board game with a friend? Call them on an ipad, iphone or laptop to catch up and have some fun.</p>	<p>Determination</p> <p>Attempt to complete all homework set by your teachers</p>	<p>Teamwork</p> <p>Help a family member with a project around the house.</p> <p>It could be gardening, house work or even washing bikes for the next ride.</p>
CHALLENGE ACTIVITY	<p>Closest to the Wall Challenge</p> <p>See activity card on <u>Slide 4</u></p>	<p>Table Air Hockey</p> <p>See Activity Card on <u>Slide 5</u></p>	<p>Try the <u>'NERF'</u> challenge If you don't have a nerf, practice your throwing skills using a soft object!</p> <p>How good is your aim?</p> <p><u>See slide 6</u></p>	<p>Physical Activity Bingo</p> <p><u>See slide 7</u></p> <p>Have a go!</p>	<p>Paper Plates 'O&X'</p> <p>Play the popular old school games with added running distance to beat a family member.</p> <p><u>See slide 8</u></p>

Mini Circuit

Set up 5 or 6 stations. Each station should be a different activity.

Examples:

10 Star jumps

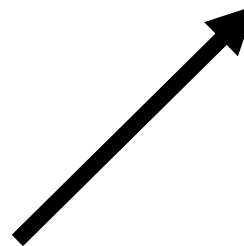
8 Press ups

Dribble a ball through some cones

When moving from station to station try thinking of different ways of moving: crawling, running, hopping. Perhaps add things to jump over or run around.

See how quick you can complete the circuit you make.

Example



Circuit Workout for Kids



10 Jumping Jacks

15 Circles with the Hula Hoop

15-30 Seconds in Plank Position

Downward Facing Dog

Crab Walk

Run for 30-seconds

15 Circles with the Hula Hoop

Hop on One Foot

Hop on the Other

Run Up and Down Stairs

Pull-ups or Play on Monkey Bars



CLOSEST TO WALL

AGE: 5+

NUMBER OF PEOPLE: 2+

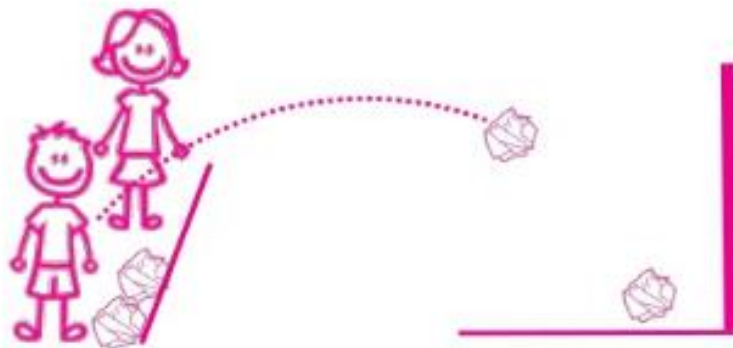
SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Balls, beanbags, socks, paper balls

HOW TO PLAY:

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.



AIR HOCKEY

AGE: 5 to 11

NUMBER OF PEOPLE: 2-4

SPACE NEEDED: Table

EQUIPMENT NEEDED: Table and books, cartons, paper balls and plastic cups

HOW TO PLAY:

Create an air hockey table by placing books, juice cartons around the edge to make the wall leaving a gap at either end of the table for the goals. Use a scrunched up paper ball. You can use an upside down plastic cup as the pusher instead of your hands.

Opponents stand defending their gap/goal with one hand and hit the paper ball towards the other goal.

Add more players by creating more gaps and play multi ball by adding more paper balls.





Knock the Balls!

Nerf Target Game



FrugalFun4Boys.com



Jump up and
down in a
space 40
times

Play musical
statues

Ride a bike,
scooter

Balance on a
part of your
body for 60
seconds

Jump or
Move over a
pillow
40 times

Play hide
and seek

**Hop, jump
or stand** on
the spot for
60 seconds

Balance in
a plank
position

Pass a ball
around
your waist
or head 25
times

Balance an
object on
your head

Keep a
balloon in
the air for 60
seconds

Perform 50
star jumps

Complete 20
shuttles
(running, walking
or moving)

Skip or
Move for 2
minutes

Roll a
ball across a
table 10 times

Perform
40 of the
same type of
jumps

Create and
complete an
obstacle
course

Throw or **roll**
an object into
a target 10
times in a row

Dribble a
ball in and out
of objects

Perform
40 squat
jumps / sit
forwards

Throw or **roll**
a ball against
a wall or with a
sibling

Move and
complete 10
laps of your
house or
garden

Perform
40 jumps

Play a new
game with a
sibling,
parent or
carer

Perform 30
push ups

Perform
dance
movements

Perform a
short fitness
workout

Perform 30
sit ups or
lean forwards

Perform a
gymnastics
routine

Invent and
play a new
game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities
on the card



Achieve Silver

Complete a horizontal or
vertical line of activities



Achieve Bronze

Complete one activity
from each line





DIY Kids Hotel Activity Pack

learnwithplayathome.com



- Multiple Creative Activities
- Fits in A4 sized pencil case