

Here are some PE challenges you can do at home.

These can be done individually or in pairs/family groups that focus on your child(ren) developing physical competence as well as learning some important social skills that will support his/her/their social, emotional and mental wellbeing. Depending on how much space you have at home, all of these could be done inside or in your front/back garden/yard (if you have one). If you go to public space please adhere to all the government guidelines on social distancing etc.

This week's activities are:

Continuous Battleships – suitable from Reception upwards – for this it could be played with 2 or more siblings, parent/carer and child. You may need some basic equipment but you can be creative with this. You can use bean bags (can make your own), various balls, milk cartons, empty drinks bottles, cereal boxes etc. If your child finds it difficult to throw the ball, you could get him to roll it.

Bowling – suitable from Reception upwards – for this it could be played with 2 or more siblings, parent/carer and child. You may need some basic equipment. You will need some sort of ball and for the targets you can use milk cartons, empty drinks bottles, cereal boxes, empty Easter egg boxes etc. If your child is football mad, he/she could also kick it rather than roll it.

Golf – rolling - suitable from Reception upwards – similar to Bowling and you could use same equipment as targets. May be good to have more than one ball and maybe a variety of balls. If you are limited for outdoor space you could try it indoors with a ping-pong (table tennis) ball. To do it on a smaller scale you could try it on a table/tray/hard surface and could try blowing the ball through a straw (may work better with a plastic/reusable straw than paper). (Please don't do this if anyone unwell).

Top Ten – suitable for all ages, involves throwing and catching but may need some space so suggest this is done outside if possible. Could use a variety of objects to throw, Could be done sitting down, using one hand, with eyes closed etc.

And finally a more energetic one this week

Jumping Dice – you will need a dice and ideally 2 or more players and a reasonable amount of space. You can of course vary how many of each exercise your child(ren) need(s) to do. He/she/they could also make up their own challenges – go and find something red, run on the spot for 10 seconds, wash your hands with soap and water for 20 seconds, 5 sit ups, go and make his/her bed etc.

Hopefully your child/ren will know what the different types of jumps are. A **pencil jump** involves being completely straight with your arms in T-motion or in a point above your head. For a **tuck jump**, start with both your feet on the ground and jump upwards ringing both knees upwards in a tuck position (touching your hands that are out in front as a guide). For a **squat jump**, stand with your feet just about shoulder-width apart, toes turned slightly out. Squat down with your weight in your heels, chest out, knees tracking over toes, and a neutral spine. When you hit the bottom of your squat, squeeze your bottom tight and push up and jump up pushing off your toes at the end, then use the momentum from landing to go right into your next squat.

For older children – probably Rhinos, Crocs, Lions (sorry forgot to include you here last week) and indeed any Secondary Age siblings you could challenge him/her/them to see how they could adapt any of these challenges using the STEP principle (see below).

What is STEP?

Space - Where the activity is happening

E.g. change the space by increasing or decreasing the area in which a task is to be done or changing the distance or areas in which to score points.

Task - What is happening?

E.g. change the task by changing the rules of the activity, the number of times the child has to repeat the task, direction of movement or length of time to complete the task/activity.

Equipment - What is being used?

E.g. change the equipment by changing the size of the target, amount/size/height of equipment, or the layout of the equipment

People - Who is involved?

E.g. You will be limited as to who is in your household - you could have your child working alone, with a sibling, bigger teams, smaller teams, as leader or follower.

We would love to hear from you as to how you adapted any of these/how your child got on with them so please feel free to send any comments to me at:

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Wendy & Cale

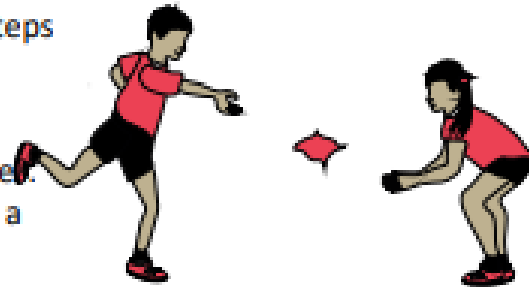
Top Ten

Home Physical Education

Can you encourage your partner even if they make a mistake?

How to play:

- With a partner, start by standing 3 steps apart.
- Throw a ball to each other.
- Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



Can you concentrate on your throw and focus on where to aim?

Top Tips

Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

Let's Reflect

How did you change your throwing technique as the distance increased?

How did it feel when you dropped the ball and how did you respond?

Jumping Dice

Home Physical Education

Can you encourage others to keep going?

How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:

Roll a 1 = Perform 20 star jumps

Roll a 2 = Perform 20 tuck jumps

Roll a 3 = Perform 20 pencil jumps

Roll a 4 = Perform 20 jumps with a $\frac{1}{2}$ turn

Roll a 5 = Perform 20 jumps with a full turn

Roll a 6 = Perform 20 squat jumps

- The first player to complete all of the activities listed above is the winner.



Can you keep trying even if you feel tired?

Top Tips

Pace yourself

Take your time when performing the exercises, as you may need to perform some of them more than once.

Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?

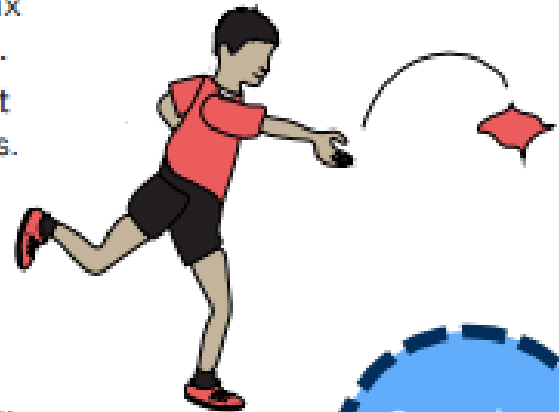
Continuous Battleships

Home Physical Education

Can you play fairly and keep the score?

How to play:

- With a partner, each player places six targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is taken by the thrower and added to their battleships.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.



Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

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?

Golf: Rolling

Home Physical Education

Can you be honest and keep the score?

How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.



Can you keep trying hard even if you miss the target?

Top Tips

Roll Underarm

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

Let's Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?