

Each week we will send you some PE activities that 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.

This week's activities are:

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.

Battleships 2 – suitable for Crocs, Rhinos and Lions

Blast off – suitable for all

Climb the Ladder – suitable for all. To make it easier for younger children, you could award varying points for hitting different targets. You could also throw things into a circle – a hoop or a circle made from tape or whatever you have at home. If the weather is war and you have a garden, you could include throwing things into containers with water in.

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.

For older children – probably Lions, Rhinos and Crocs and indeed any Secondary Age siblings you could challenge him/her/them to see how they could adapt any of these 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.

In addition, I am including information on the [Daily Mile](#).

I gave an assembly to Crocs, Monkeys, Rhinos and Lions a few weeks ago about a new initiative that has been set up that we were aiming to introduce at Kew Riverside – the Daily Mile. Some of the children were so inspired that they started running around the playground at break/lunch time to achieve the goal of running a mile every day. I was assured by some that around 16 laps of Kew Riverside's playground added up to a mile. Children started logging their miles on the posters displayed in some of the classrooms and this could include any running or indeed swimming either achieved at school or at home/as part of clubs (when these were taking place).

My plan was to organise a whole school event but alas this didn't happen with the school's closure.

However, this is something that can be done at home along as you follow the government's guidelines on the coronavirus. Attached are 2 PDFs that give information about the daily mile. These are taken from the website thedailymile.co.uk and there is a special section for parents/carers and on the 'Daily Mile at Home'.

The attached two documents on the Daily Mile talk through the practicalities - including how to safely follow the government's guidelines on the lockdown including allowances on exercising and social distancing.

Running or walking (or a mix of the two) the daily mile provides a good opportunity for your child to gauge how far a mile is. For the Lions it may include working out a safe way of getting to his/her new secondary school.

Roughly speaking a child (depending on his/her age/fitness etc) should be able to run a mile in around 15 minutes.

It would be great if you could log the miles between now and when the schools return – you could include walking, cycling/scooting if running is too difficult or why not vary it each week. You could keep a chart for all the household members even the dog!! These could then be brought into school when we return.

Please remember that all these activities are optional and are suggestions for some daily PE related activity. Your child shouldn't do them if he/she is feeling unwell or has any kind of injury that would make them difficult. The activities are designed to be fun. As always please remember for him/her to stay hydrated and avoid doing them straight after eating,

We would love to hear from you - please let me have any comments (how you/your child(ren) adapted any of these/how your child(ren) got on with them) or do ask me any questions. Email me at wendycoppin@kewriverside.richmond.sch.uk

wendycoppin@kewriverside.richmond.sch.uk

Happy exercising and stay safe.

Wendy & Cale

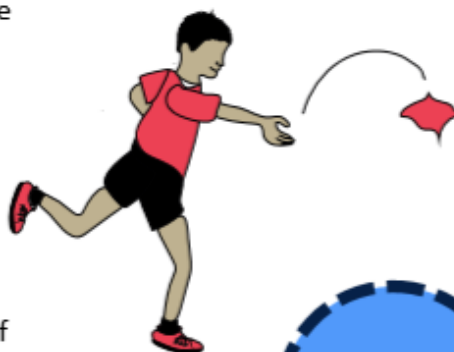
Battleships

Home Physical Education

Can you play fairly and keep the score?

How to play:

- With a partner, each player places three 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 removed.
- 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?

Battleships: Level 2

Home Physical Education

Can you play by the rules and respect your opponent?

How to play:

- With a partner, each player places three targets (battleships) in front of them. Place an additional battleship know as the 'ultimate battleship' in the middle.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed. If players hit the ultimate battleship they can add back one of their battleships that has been hit.
- The winner is the first player to hit all of their partner's battleships.



Can you focus on the target and concentrate?

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?

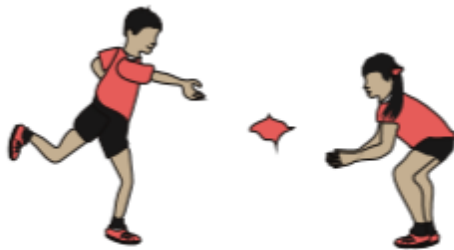
Blast Off

Home Physical Education

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

How to play:

- Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart.
- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
- Can each pair reach 0 without dropping the ball?
- If competing against another pair the first pair to reach 0 are the winners.



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

If you dropped the ball what did you change?

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

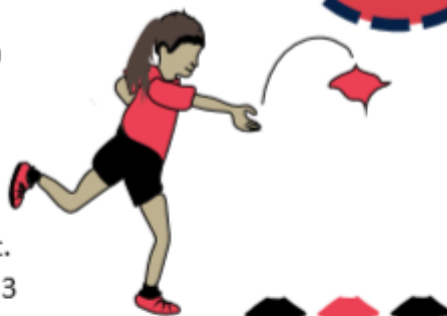
Climb the Ladder

Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.



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?

How to do The #DailyMileAtHome



GET GOING WITH THE DAILY MILE AT HOME

Your children may already do The Daily Mile at school – if so, they will probably miss it. Ask them about it – they can explain how it works at school and why they do it. Discuss with them the best way to do The Daily Mile at Home.

BE SAFE. ALWAYS FOLLOW THE GOVERNMENT'S ADVICE ON GOING OUTSIDE

At the moment, the advice is to take exercise outdoors, once a day. Every time you're going outside, keep 2 metres from other people. Getting outside for some exercise and fresh air is good for physical and mental health.

HOW LONG TO BE OUTSIDE FOR

So, the first time you do it, check how long you were actually outside. You may feel that 15–20 minutes is enough for you. 10 minutes from your front door and 10 minutes back may work well for you. You may find you can do more; if so, keep yourself and others safe.

STAYING AS LOCAL AS POSSIBLE

Before you go out, decide on a route you know, from your front door. You may choose to go around in a circle or straight out and back the same way. It's very likely there are a few different routes you could try and use.

HOW TO GET MOVING – WALKING AND RUNNING

Everybody's different so it's up to you how to do it in the way that suits you best. Jogging, walking briskly, strolling – you will decide on your own pace. It's not a race. Stay in your bubble if there are others around – close to your household and don't split up. Keep it all relaxed and enjoy what you're doing.

AND ALSO...

Some people will change clothes – but just wear what's most comfortable for you. You are going to be moving side by side – take the time to talk and listen. Try to notice nature, the weather and the changing season.



03/04/2020

The #DailyMileAtHome



- Children in more than 7,000 schools across the UK do The Daily Mile as it keeps them healthy and it's fun, free and simple. Because it fits with the government's coronavirus guidelines, you might like to try it at home.
- The Daily Mile at Home is 15 minutes of walking, jogging or running at your own pace from your own front door. You should only do it alone or with members of your household, avoiding crowds. Keep local and don't drive.
- When doing The Daily Mile, schools follow our guidance in order to ensure that it works well. We've rewritten this guidance below so you can do it at home, while always following the government's advice.
- By the way, no-one ever has to do a mile! It's called The Daily Mile because, in the 15 minutes they take in school, most children will run and jog for a mile. But the distance really doesn't matter, and you can walk, jog or run at your own pace.

Our guidance reflects the government's advice and will be altered as and when required.

Doing The Daily Mile at Home



STAY SAFE

At this time, always obey the government's guidelines about keeping your distance from people – at least 2 metres – who are not living at home with you.



FUN

Enjoy an outdoor break with your children, every day, and feel better for it.



INCLUSIVE

Anybody who is allowed to go outdoors can do The Daily Mile. Stay together in your household group/bubble.



WEATHER

We all need to try and get outside each day so dress for the weather and enjoy the Spring.



WHERE TO DO IT

Use routes directly from your front door avoiding crowded places such as parks. Or, if you have one, you may decide to stick to your garden.



QUICK

It takes around 15 minutes. Depending on where you live, do it for the amount of time that suits you best while following government guidance.



WHEN TO GO

Once a day. It's usually best to go when you or the children feel the need to be outside, but you can choose to make it part of a daily set routine if you and they prefer that.



CLOTHES

No kit is required – unless you want to change – just wear your normal clothes. Everyone should wash their hands when they get home.



YOUR OWN PACE

The Daily Mile is never a race – you just move in the way that suits you and your household best, whether that's running, walking or jogging.



SIMPLE

No need to make it complicated – just enjoy being outdoors doing some physical activity with your children.