

Staying active at home

It is really important we all stay active during this time.

Children are used to be active during the school day so keeping some level of activity during the day will ensure their physical and mental health. Also, children enjoy being active!

The official guidance is that children should have at least 60 mins a day of moderate to vigorous activity.

- During moderate intensity activity children should still be able to carry on a conversation
- During vigorous intensity activity, children should find it more difficult to carry on a conversation.

There are masses of resources online that can support you with this, examples are:

Joe Wicks:

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

BBC Supermovers:

<https://www.bbc.co.uk/teach/supermovers>

Change 4 Life:

<https://www.nhs.uk/change4life>

Go Noodle:

<https://www.gonoodle.com/>

Cosmic Kids:

<https://www.cosmickids.com/>

Succeed in PE:

<https://online.succeedin.co.uk/public/index/638>

Many of these you can do with them.....

However, if you would like a little more structure, I am planning to put together a weekly set of ideas for the children. Please encourage them to have a go at these as part of the schoolwork.

Reception and KS1

The key to the Reception and KS1 curriculum is developing the children's fundamental movement skills. They should become increasingly competent and confident both individually and with others. They should be able to engage in competitive (both against self and others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

[from the PE National Curriculum]

What are fundamental movement skills?

I tend to describe them as the "...ings", for example:

| Fundamental Movement Skills | | |
|------------------------------------|------------------|---------------------|
| Locomotor | Stability | Manipulative |
| Walking | Balancing | Throwing |
| Running | Landing | Catching |
| Hopping | Turning | Striking |
| Skiping | Twisting | Kicking |
| Bounding | Bending | Dribbling |
| Leaping | Stretching | Bouncing |
| Jumping | Extending | Pushing |
| Rolling | Flexing | Pulling |
| Galloping | Hanging | Carrying |
| Sliding | Bracing | Trapping |
| Dodging | Rotation | Collecting |

Any activity which involves any of the above skills is great for the children.

Ideas for this week:

Read a story:

- Can you act out the story, eg. Moving in different ways and at different speeds

Creating an obstacle course:

- Can you climb over/ under/ along, jump over obstacles with control?

Musical Statues:

- Can the children make a shape which they can hold still for 3-5 secs?
- Can their shape be on their feet? What other parts of their body can they use?
- If they are finding this easy, can they make the shape more difficult? E.g. balance on a smaller area; can they link 2 shapes together?

KS2

The curriculum in KS2 looks at develop and apply a broader range of skills and learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success (from National Curriculum).

These can include:

- Invasion games (netball, football, hockey etc),
- Striking & fielding games (cricket, stoolball etc)
- Net games (tennis, badminton, volleyball etc)
- Gymnastics and Dance
- OAA

These can be developed individually, in pairs and in teams with competition:

- How many can I do?
- Can I improve my score? How can I achieve this?
- How well can me and my partner do?
- Can we improve our score? How can we achieve this?
- How well has my team done?
- How can we do better?

Ideas for this week: Throwing and catching

| | | Challenge | Too easy? Too hard? | Top tips |
|------------------|---|--|---|---|
| On your own | Standing still, bounce on the ground/ throw and catch | How many can you do in 30 seconds? Can you beat your score? | Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand | Stand with a stable base Watch the ball |
| | With tricks | Can you throw the ball up, turn through 180 deg, let the ball bounce and catch the ball? As above but with no bounce? Can you throw the ball, clap and then catch? Can you think of your own trick? | Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand | |
| | Moving round – bounce on the ground/ throw in the air | How many can you do in 30 seconds? Can you beat your score? | Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand Develop to Basketball dribbling | Watch the ball Use “soft hands” |
| | Add in some movement | Using more balls, place them in different places. Move to each ball in turn and bounce for 5 | How many balls can you get to in 1 min? Can you beat your score? Vary ways of travelling, e.g. skipping; galloping | Think about how fast you move between the balls, How can you change direction quickly? |
| In pairs/ groups | How many passes can you make? | Rules: You must be more than 1m apart You cannot receive the ball in the same place twice so you must move! How many passes can you make in 1 minute? | Use a larger ball Use a smaller ball Use both hands Use dominant hand/ non-dominant hand Don't send the ball directly to your partner, they must move to receive it | Remember to watch the ball Communicate with your partner Think about the accuracy and pace of your pass |
| | Using different types of throw | Can you vary the type of throw? Chest pass; bounce pass; shoulder pass; underarm throw | Use more than 1 ball Use different passes | Remember to watch the ball Communicate with your partner |
| Extension | How else can you send and receive a ball? | | | |