

Active at Home

We all know the benefits of being physically active and a having healthy diet. We have included a task that focuses on the benefits.

We know the longer lockdown goes on the harder it can be to find the motivation to be active and finding new activities to keep the children occupied can be a challenge.

Short bursts of activity throughout the school day can help to increase focus. Most of the activities we suggest only take around 5-30 minutes to complete, so it can fit easily into the day.

We have also added a competition to our personal challenges. The team are taking on the challenges and posting videos of our attempts, can you can beat us, we want to see your attempts.

If you have any of your own that you would highly recommend, please let us know and we can add them to share with everyone else.

active
Northumberland

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Stay Connected with #ActiveAtHome

Check out our social media channels and tag us in any of your activities

Facebook - ActiveNland.PE

<https://www.facebook.com/ActiveNland.PE/>

Twitter - @ActiveNland_PE

https://twitter.com/ActiveNland_PE

Instagram - activenland.pe

<https://www.instagram.com/activenland.pe/>

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Northumberland School Games - Physical Activity Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Option 1 – Physically Active Activity</p>	<p>Move IT Mondays Do a fitness class in the house/ garden. Joe Wicks – Body Coach Make your own circuit with 8 stations.</p>	<p>Transport Tuesdays Be active for 30 minutes using transport. Scooter Bike Skateboard Pogostick Are there any tricks you could learn to do?</p>	<p>Weekly Challenge Wednesdays Complete a personal challenge to try and improve. Active Northumberland PE and School Sport Personal Challenge Youth Sport Trust Challenge</p>	<p>Throw It Thursdays Practice your throwing and catching skills in the garden/ house. How many objects can you throw into a target area? How many times can you bounce/throw a ball and catch it ?</p>	<p>Fundamental Skill Fridays Practice your ABC's Agility, Balance, Co-ordination. Running, Jumping, Skipping, Throwing, Catching. Activity Cards/ Challenges</p>	<p>Shake It Out Saturdays Do a dance routine at home. “just dance’ imoves go noodle BBC supermovers. or Create your own dance in the house.</p>	<p>Skill Up Sundays Choose your favourite sport and practice the skills you need to become a professional. Most sports have videos online for you to watch.</p>
<p>Option 2- School Games Values Activity</p>	<p>Determination Try to complete a tricky puzzle. Or solve some tricky riddles.</p>	<p>Honesty Create a True or False quiz for your family and friends.</p>	<p>Passion Design a new kit/ badge/ logo for your favourite team.</p>	<p>Respect Create a song/ rap or chant about Respect.</p>	<p>Self Belief Build a Boat. Using things from the recycling bin. Can you make it float in water?</p>	<p>Team Work Create a new game for you and your friends to play. E.g Space Tag</p>	<p>Share your results with us on Twitter and Facebook</p>



https://www.youtube.com/playlist?list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL

#ThisIsPE are updating their at home PE lessons every week linked to the national curriculum that can be done in school & at home. They are also providing KS3 learning cards and videos

<https://www.youthsporttrust.org/free-home-learning-resources-secondary>

<https://www.livingstreets.org.uk/walk-to-school/primary-schools>

Living Streets - new resources and activities to keep walking and stay active during lockdown as part of walk to school initiative. You can go on a scavenger hunt or draw your walk.

<https://www.facebook.com/fitforliveschools/>

Fit For Life - specifically designed for children, fit for life schools are providing free workouts and instructional videos on their facebook page to keep children active with safe fitness activities.

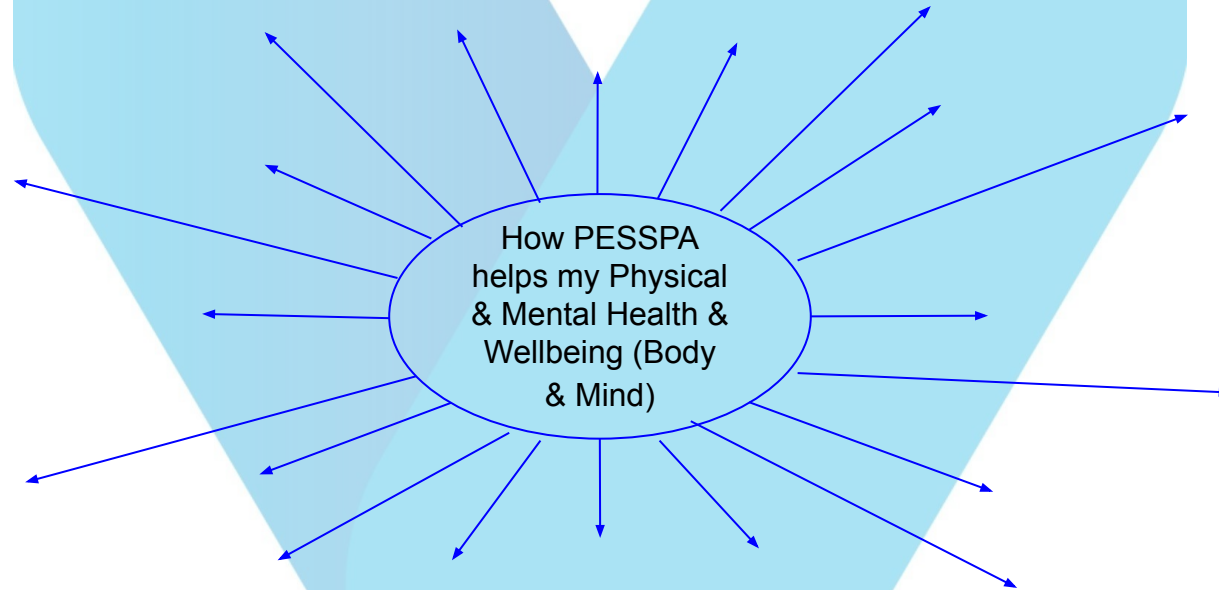
<https://www.youtube.com/watch?v=rSDBj3jjK6s>

#GymnasticswithMax - Olympic gymnast Max Whitlock is providing at home gymnastics sessions. Remember to be safe in your practice

Home Learning Challenge

Can you list the benefits of regular High Quality Physical Education, School Sport & Physical Activity (PESSPA)? i.e. How does PE , Sport & Physical Activity help your Physical & Mental Health & Well Being (Body & Mind)

Time Limit: 5 Minutes **Scoring: Bronze Level** = 5 answers **Silver Level** = 10 answers **Gold** = 15+ Answers



Home Challenge Possible Answers

(DON'T PEEK UNTIL YOU HAVE HAD A GO !)

- Gives you a **healthier, stronger Heart**
- Unblocks **arteries** and improves blood **circulation**
- Improves your **Brain Power** and **Brain Growth** (<https://www.youtube.com/watch?v=kYPRV-Ynilk> - The Power of an Active School – Dr William Bird)
- Helps boost your **Memory**
- Can help you improve **Concentration, Behaviour & Creativity** in school
- Helps you to **Sleep Better**
- Improves general **Muscle strength** (your heart is a muscle and a vital organ)
- Improves your **Flexibility** (suppleness and stretchiness of your muscles & tendons)
- Improves your **Stamina** (ability to keep going without stopping!)
- Improves your **Lung Capacity** (breathing function)
- Helps protect your **Joints** (from injury etc)
- Improves **Bone growth & density** (thickness & strength)
- Helps you to have good **Posture & Spine alignment** (stand tall & walk / sit correctly for school & handwriting)
- **Improves how well you move** in life (AGILITY , BALANCE & COORDINATION)
- Improves **Mental Health** and your mood (stress relief through **Fun**, enjoyable activities)
- Improves your **Self Confidence** & School Games **Values** like TEAMWORK – SELF BELIEF – RESPECT – DETERMINATION
- **Boosts** your **immune system** (helps your body fight off infections or viruses)
- Helps you to **burn calories** (keeps you to a healthy weight)
- **Lowers the risk of getting life threatening medical** conditions like Heart Disease or Diabetes
- Can help to improve your **Social and Leadership skills**

Extension Task
watch together
with an adult at
home



Real PE EYFS/ KS1 Activity

There is still time to get
your FREE access to Real
PE ... email
jasmine@createddevelopment.co.uk

Space Race

See how quickly you can roll the dice and complete all 6 space challenges.

Remember, you must complete the challenge each time the dice is rolled.



Rocket (straight jumps)



Star jumps



Asteroid (tuck) jumps



Blast off



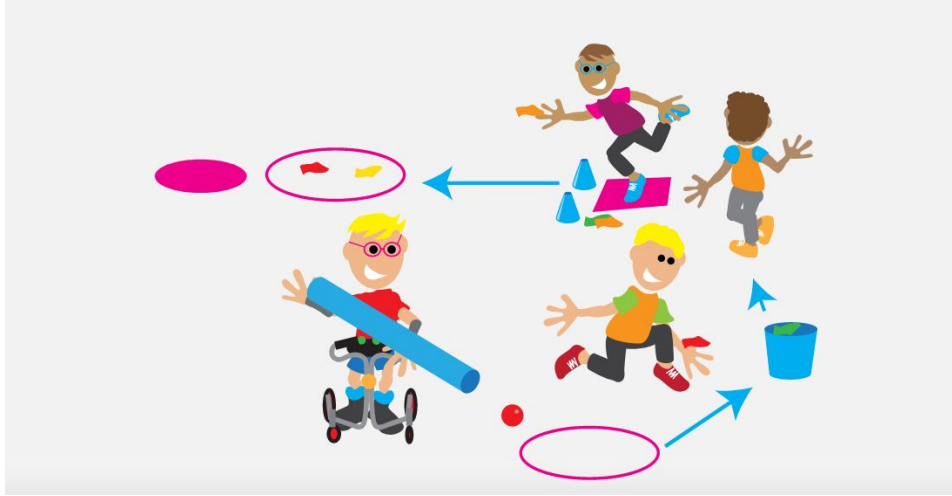
Space walk



Crater jumps

1. Star jumps x 3
2. Rocket (straight) jumps x 3
3. Asteroid (tuck) jumps x 3
4. Blast off (spring)
5. Spacewalk (leap from one foot to the other) across the room
6. Crater jumps (2 feet to 2 feet) across the room

Write the numbers 1 to 6 on a piece of paper and tick the appropriate number off when you roll it and complete the challenge. Use a stopwatch to see how quickly you can tick off all 6 challenges. You might also want to come up with your own challenges.



Different versions of 'Throlf'

Singles: Played as individuals. 'Handicapping' means players of different abilities can compete equally.

Strokeplay: Each player adds up their score for the round and, once handicaps have been deducted, if appropriate, the lowest score wins.

Matchplay: Each hole is played as a mini- match. The player with the lowest score for the hole wins the hole.

Foursomes: Two pairs compete against each other using only one 'ball' per team. Each partner takes alternate shots during each hole.

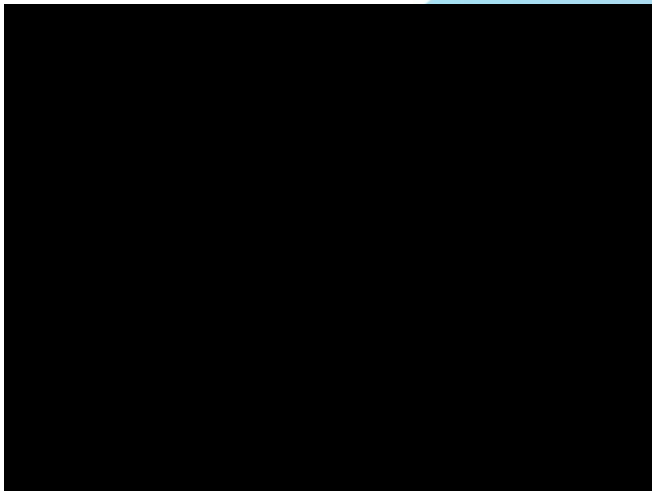
Four Ball: Two pairs compete against each other. Each player has one 'ball' and whichever player takes the least shots, wins the hole for their team.

Real PE KS2 Activity

Suggested Rules

- Play with between 2 and 4 players at each hole, with each hole given a par according to its length and difficulty.
- Provide a range of throwing equipment at each hole e.g. large ball, small ball, frisbee, beanbag, which act as 'clubs'.
- The object is for each player or pair to start at the tee and, by using the throwing equipment (clubs) available, land a piece of throwing equipment into the hole (hoop, bucket) in as few shots as possible.
- Players select which 'club' to use according to the shot they face. As an example, a beanbag might be used as a putter when close to the hole, whereas a tennis ball might be used off the tee as a driver to achieve maximum distance.
- Each hole can include hazards, such as bunkers, trees and out of bounds, with penalties or increased difficulty linked to each hazard.
- Players play each shot from where their previous shot lands, with the possible exception of hazards such as water, which may involve players having to 'take a drop'.

Tennis Challenges



Rock Solid Challenge



Move it Movies

<https://www.kentschoolgames.com/stayhomestayactive/physical-activity/21799/twkssp-move-it-move-it-cards>

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BUZZWORD EXERCISE

A character says **KING**

When a character sings a **SONG**

When you see **ZAZU** on screen

TIMONE & PUMBA sing "The Lion Sleeps Tonight"

A character says **HAKUNA MATATA**

10 Lunges

High knees

Side plank hold

Arm circles

10 Bicycle Crunches

TONBRIDGE & SCHOOL GAMES



Disney Tangled

Buzzword EXERCISE

When a character sings the flower song

When a character says Pascal or Maximus

When you see the wicked old lady

When you see the Lanterns

10 Russian Twists

10 Burpees

High Knees

15 Jump Squats

TONBRIDGE & SCHOOL GAMES



Disney FROZEN

BUZZWORD EXERCISE

EVERYTIME YOU SEE THE TROLLS

WHEN ELZA USES HER ICE MAGIC

WHEN OLAF LOSES HIS CARROT NOSE

EVERYTIME ELZA OPALMIA SING

10 BUNNY HOPS

10 SCISSOR KICKS

10 HIGH KNEES

DANCE ALONG

TONBRIDGE & SCHOOL GAMES



CALLING ALL Trolls

Buzzword EXERCISE

SOMEONE SAYS... **TROLLSTICE**

It's **HUG TIME**

There is... **GLITTER SPRAY**

You see... **CLOUD**

And... **POPPY SINGS**

10 STAR JUMPS

10 HIGH KNEES

10 HOPS

10 SCISSOR KICKS

DANCE ALONG

TONBRIDGE & SCHOOL GAMES



Disney PIXAR MONSTERS UNIVERSITY

BUZZ WORD EXERCISE

A Monster **ROARS**

RANDALL appears on screen

You see a **SCREEN TANK**

You see **MIKES MU** Hat

A character says **SCARE**

10 Lunges

10 Jumping Jacks

10 High Knees

10 Squat Jumps

10 Second Sprint

TONBRIDGE & SCHOOL GAMES



Disney Aladdin

Buzzword EXERCISE

A character rubs the **Lamp**

A character sings a **song**

You see an **animal** on screen

Aladdin makes a wish

30 seconds V sit

10 Sumo Squats

Upward Plank Hold

10 Seated Knee Tucks

TONBRIDGE & SCHOOL GAMES