**Primary Sports and Education Home Learning pack – KS2 – Term 6 Week 1**

With the schools now closed, we are unfortunately unable to continue our normal Primary Sports and Education school sessions during curriculum time. Therefore, to encourage children to still go outdoors safely and experience Sports we have put together a pack.

Inside includes some Multi-Sports activities as well as some sport specific games also. All these games are cross curricular and will need to use their English, Maths, Science, Art skills as well as many more!

We are frequently posting new ideas and information on our Facebook and website if you need more inspiration for activities. If you enjoy doing these activities, please share your feedback and experiences with us – we’d love to hear from you.

Please stay safe during these activities and adult supervision is always advised.

We look forward to catching up with the children upon return to the school.

Best Regards,

Marc Troman and Primary Sports and Education Staff

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Activities** | **Resources Required** | **Potential Risks** | **Impact** |
| **1** | **Exercise**  Your partner/parent calls out more challenging tasks for you to complete on the spot for up to 45 seconds each time with 30 second rest intervals in between.  They are:  Balance on the right foot, Balance on the left foot Star jumps, Jump over your cone from side to side, Jump over your cone from front to back  Have a one-minute rest before doing this again | Partner/Parent | Make Sure you are at least 2 metres away from anyone else | Listening skills and following instructions  Coordination  Boosting their self-Esteem |
| **2** | **Hand eye co/ordination**  Have a tennis ball and stand facing a wall from two steps away.  Children now practice each of the following challenges repeatedly for at least 2 minutes in the below order and only progressing once each is completed with consistency.  They are:  Throw ball onto wall and catch with both hands  Throw ball against the wall and catch it with one hand  Throw ball against the wall and catch with your weaker hand  Throw ball against the wall and clap your hands before catching it  Throw ball with one hand and catch it with the other hand (add a clap whenready) | Tennis Ball | Make sure you are not too close to the wall. | Cross Curricular with maths when adding up your scores seeing how many catches you can do.  Testing their coordination and accuracy  Improving their throwing technique and learning about their strength |
| **3** | ***Speed bounce****.*  Set up three cones in a line and stand sideways next to the cones. You have to perform 30 jumps as quickly as possible. After a short rest, repeat this process 5 times seeing if you can beat your time. Taking off and landing must be done on two feet otherwise the jump doesn’t count. | Cones | Have suitable footwear on for this task. Do not do this barefoot for safety reasons | Tests side to side jumping and speed jumping. |
| **4** | ***Standing Long Jump***  Have a tape measure and get the child to stand with their toes in line with 0cm on the tape measure. Swing the arms backwards and forwards for momentum, try and jump as far forward as possible. Take-off and landing must be done on two feet. Repeat process 5 times trying to beat score. | Tape measure | Would be best for this to be done outside.  Remove anything that can be knocked over or broken | Standing long jump technique and see how far you can jump forward |
| **5** | **Ball Skills**  Set up 5 buckets numbers 1-5 in a semi-circular shape and have a beanbag standing about 3-4 metres away. The children have to get one beanbag in each bucket before moving onto the next one in numerical order. See how fast the children can do it in. To make it trickier, randomise the buckets and have a partner call out a number, then the children have to get it into that numbered bucket, or throw the beanbag with weaker hand. | Tennis Ball and bucket | Needs to be played outside or away from anything breakable | Look at throwing technique (both underarm and overarm). |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **English** | **Activities** | **Resources Required** | **Potential Risks** | **Impact** |
| **1** | **Alphabet Challenge**  Using your body, make different letters of the alphabet.  Spell out your name and complete the activities (for a challenge do middle and last name)  Pick your top three sports, spell them out with your body  Later on, progress to spelling out names with both upper case and lower-case letters. | Your body | Ensure you have plenty of space to complete the activities | Children to have a fun and active way to practise spellings and making different shapes with their body. |
| **2** | **Sports Diary**  Design and make a ‘sports diary’ and keep track of all the exercise you are doing! It can be as colorful and creative as you like, just make sure you have space for the day and the date and room for a small paragraph describing what you have been up to. | Anything you need! | Uneven surfaces, moving around outdoor setting. | Children to engage in story telling using the outdoors. |
| **3** | **Design own Sport**  Watch the video below and see if you can design your own sport with rules, regulations and equipment. The best ones we will deliver at your school!!  <https://www.facebook.com/primarysports/posts/1539411099561447?notif_id=1591430431541644&notif_t=page_post_reaction> | Pen and Paper | **N/A** | Gets children come up with own ideas for activities and games that they can play. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Maths** | **Activities** | **Resources Required** | **Potential Risks** | **Impact** |
| **1** | **Sporting Quiz**  How many can you get right?  Watch the video below!  <https://www.facebook.com/primarysports/videos/251030229290682/> | Pen and paper | None | Knowledge of sports.  Thinking games  Decision making  Problem solving |
| **2** | **Dice catch**  Have a tennis ball and a dice. Roll the dice twice and whatever numbers it lands on, multiply them together and you have to throw the ball and catch it in the air that amount of times in succession. Drop the ball and you start again from zero. Once completed, repeat the process.  For example, if you role a 5 first time, then a 4 second time:  5 x 4 = 20.  Do 20 successive catches without dropping the ball. Later progress onto throwing and catching with weaker hand or alternate hands | Tennis ball and dice | **None** | See how many catches you can do without dropping the ball. Gets children to practice times tables |
| **3** | **Sprinting Distances**  **Take** the tape measure and measure out 40m. Starting at the beginning, see how long it takes you to sprint that distance. Have a partner/parent to time you. After a small rest, repeat the process seeing if you can beat your time. | Tape measure  Pen and pencil  Stopwatch | Uneven surface.  Ensure that the surface is flat. | Learn that some sports rely on times in order to succeed. |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Health and Wellbeing** | **Activities** | **Resources Required** | **Potential Risks** | **Impact** |
| **1** | Fitness Circuit. Set up the following 6 stations:   * Press Ups * Star Jumps * Skipping * Step ups * Squat Thrusts * Burpees   After a practice run through, carry out each activity for 30 seconds and count how many repetitions you can do in that time. After doing the circuit once, have a 5-minute rest and then repeat the circuit. See if you can beat your original scores. | Mat or soft surface if you have one  Be outside if you can. Focus on surroundings and what you can hear | Uneven surface | **Children carry out different activities that exercise different parts of the body.** |
| **2** | **Healthy Eating Diary**  Keep a diary of what you eat in a week. Make 2 columns (Red and Green) Put the healthy foods you eat in the green column and the unhealthy foods in the red column. Are you eating more healthy foods? | Pen and Paper | **N/A** | Children to learn about healthy eating |
| **3** | **Stretching**  Watch the below video and learn how to stretch parts of the body with control and safety.  <https://www.youtube.com/watch?v=wK99lII1oFM> | Senses Sheet | Uneven surfaces | Children to learn how we stretch parts of the body safely |