

Key Stage 1  
(Year 1 & 2)  
ACTIVE AT HOME

We all know the benefits of being physically active .

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most activities only take around 5-30 minutes to complete, so it can fit easily into the day.

Here are some ideas and resources we think you might find useful placed in a weekly activity timetable. You can adapt the timetable to suit your own needs!

If you have any further activities you recommend, please let us know and we can share them with everyone else.



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

Facebook - @DurhamClsSSP  
<https://www.facebook.com/DurhamClsSSP/>

Twitter - @DurhamCLS\_SSP  
[https://twitter.com/DurhamCLS\\_SSP](https://twitter.com/DurhamCLS_SSP)



# Durham & CLS School Games – Physical Activity Timetable

## Week 6 – Key Stage 1 (Year 1 & 2)



|                                     | MONDAY                                                                                                                                                                      | TUESDAY                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                | THURSDAY                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                   |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PHYSICAL ACTIVITY</b>            | <p>Learn how to warm up. Follow the instructions of <b><u>slide 3.</u></b></p> <p>Can you tell someone at home why we warm up our bodies before taking part in a sport?</p> | <p>Keep trying different moves to warm up your body. Follow the instructions on <b><u>slide 5.</u></b></p> <p>Can you add any other movements that could warm you up?</p> | <p>It's cool down day!! Can you follow the movements on <b><u>slide 6</u></b> which helps to cool your body down. Try these cool down straight after you have been playing a physically active game.</p> | <p>Select a fitness video from our website under videos to take part in today.</p> <p><a href="https://durhamcls-ssp.co.uk/home-resources/">https://durhamcls-ssp.co.uk/home-resources/</a></p> | <p>Take part in Gemma's Zumba toning routine. Check it out on our website under video's, Zumba, toning routine. Enjoy!!</p> <p><a href="https://durhamcls-ssp.co.uk/home-resources/">https://durhamcls-ssp.co.uk/home-resources/</a></p> |
| <b>SCHOOL GAMES VALUES ACTIVITY</b> | <p>Self Belief</p> <p>Ask an adult to help you complete the self belief activity (<b><u>slide 4.</u></b>)</p>                                                               | <p><b>Passion</b><br/>Can you come up with 6 words that describe your passion for something. Tell an adult your words and what you are passionate about!</p>              | <p><b>Honesty</b></p> <p>Can you complete the honesty worksheet on <b><u>slide 7.</u></b></p>                                                                                                            | <p><b>Determination</b></p> <p>Colour in the determination sheet (<b><u>slide 8</u></b>) and tell someone at home how you show determination when something is hard to do!!</p>                 | <p><b>Team Work</b><br/>Can you show teamwork in organising your sports day? Make sure everyone has a role to do!!</p>                                                                                                                   |
| <b>CHALLENGE ACTIVITY</b>           | <p>Can you challenge the coach in the fast feet challenge? Found on our website under videos, beat the coach.</p> <p><a href="#">Click here for Video</a></p>               | <p>Can you challenge the coach in the slalom run? Found on our website under videos, beat the coach.</p> <p><a href="#">Click here for Video</a></p>                      | <p>Can you challenge the coach in the speed bounce challenge? Found on our website under videos, beat the coach.</p> <p><a href="#">Click here for Video</a></p>                                         | <p>Can you challenge the coach in the mountain climber challenge? Found on our website under videos, beat the coach.</p> <p><a href="#">Click here for Video</a></p>                            | <p>Can you and your family organize a simple sports day? You need to have 5 activities. Make sure you organise a winners prize and participation prizes. Good luck.</p>                                                                  |

### 3: Warming up and cooling down

#### Policeman's Bend

Stand upright with feet together and with arms clasped behind the back. Flex knees to lower the upper body down before returning to the start position. (Keep the back and upper body upright and straight).



#### Loose Jogging

Slowly run around the room with relaxed shoulders and arms hanging down by your sides.



#### Simulated Swimming

Front crawl, breaststroke, butterfly, backstroke imitation with feet astride in a stationary position.



#### Reach for The Sky

Stand upright with feet together. Reach upwards with hands as high as you can.

#### Marching On The Spot

Raise and lower arms and legs to perform a marching action without moving off your position.

# 5

# THINGS THAT I LIKE ABOUT MYSELF...

1)

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2)

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3)

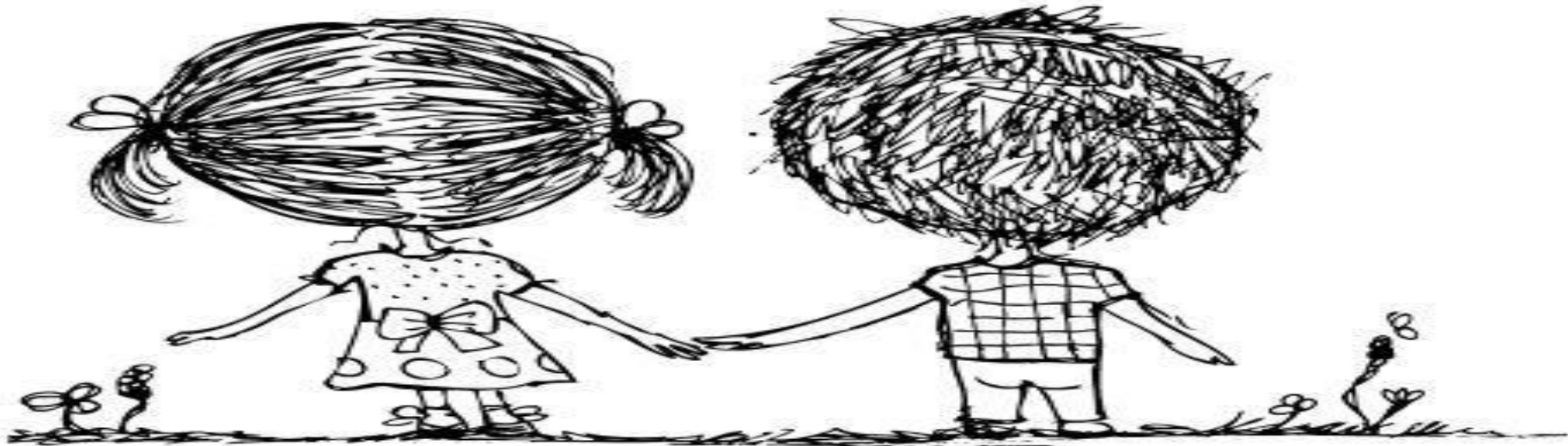
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4)

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5)

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### 3: Warming up and cooling down

## Warm up exercises 2

### March Around The Room

As 'On the Spot' but with movement around the room - remaining aware of others.



### Pumping the Tyre

Stand on the left leg and simulate the pumping action required to inflate the tyre by means of a foot pump with your right leg. Then change legs.

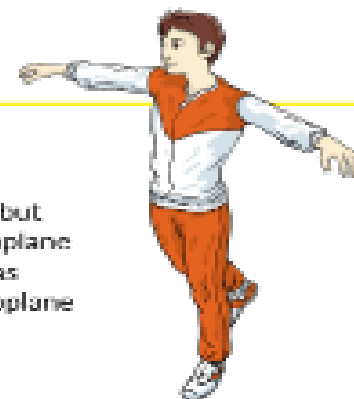


### Follow the Leader

Team leaders are selected. They perform any reasonable physical action which must then be copied by all the other members of the team.

### Aeroplanes

As 'Loose Jogging' but with imitation aeroplane action using arms as wings (making aeroplane noises is good).



### Side Bends

Stand with feet shoulder width apart and hands on hips. Lean to the left and right alternatively without bouncing and keeping the shoulders up and back.



### Side of trunk

Stand with feet a little over shoulder width apart. Keep back straight. Take arm over head. Feel stretch down side of trunk.

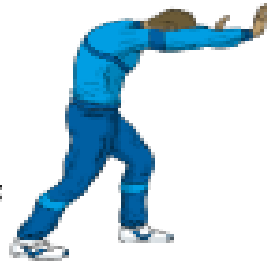
**3:  
Warming up  
and cooling  
down**

## Cool down exercises

### Back of lower leg

Calf - gastrocnemius

- Heel of back foot flat
- Back straight
- Both feet point straight at wall
- Feel stretch at back of rear lower leg



### Back of lower leg

Calf - soleus

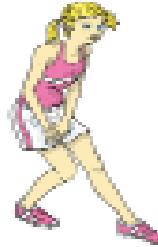
- Toes point forward
- Weight on rear leg
- Heels flat on ground
- Stretch felt in lowest part of calf



### Back of thigh

Hamstrings

- One leg in front of the other and straight knee
- Hands on bent knee
- Sit back on support leg with bottom out and a straight back
- Feel stretch on back of thigh of straight leg



### Inside thigh

Adductors

- Stand with feet a little apart
- Keep back straight
- Feet face forward
- Lean to one side, bending that knee
- Feel stretch on inside thigh of straight leg



### Front of thigh

Quadriceps

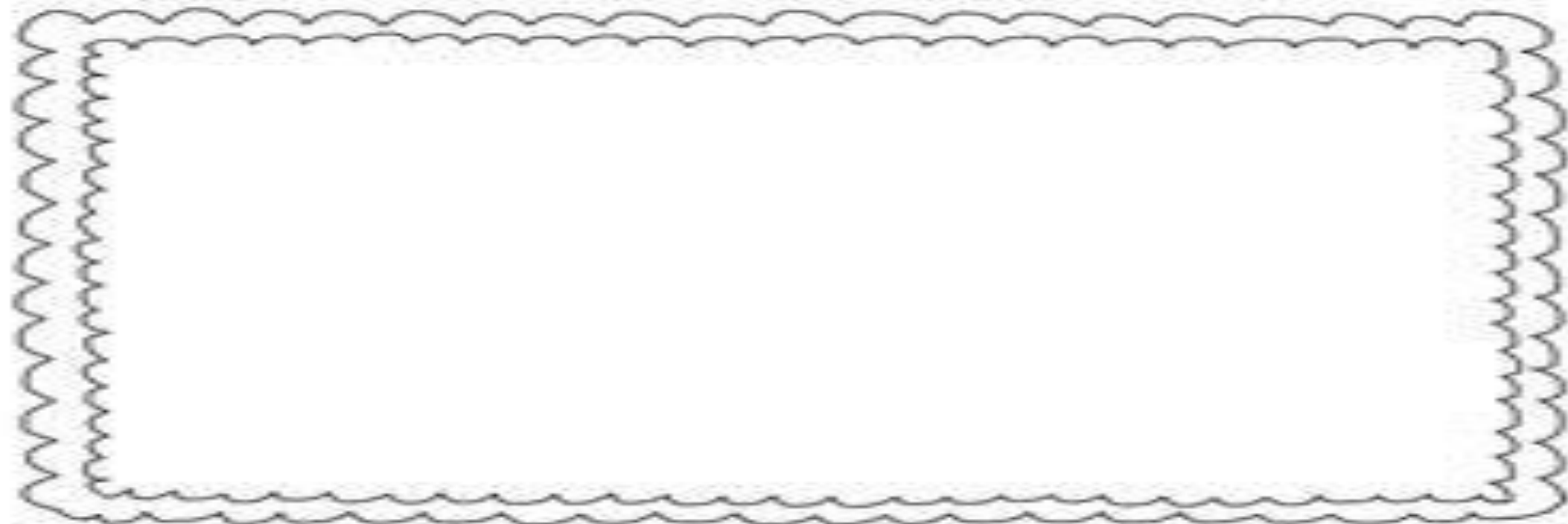
- Knees level
- Hold wall for support
- Support leg slightly bent
- Stand tall with tummy in
- Feel stretch on front of thigh



Name: \_\_\_\_\_

# I Can Be Honest By...

Draw a picture of a way that you can show honesty.  
Write a sentence about it on the lines below.



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