

Upper Key Stage 2  
(Year 5 & 6)  
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 – Higher Key Stage 2 (Year 5 & 6)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PHYSICAL ACTIVITY</b>	Cricket Activity - Ferocious Fielding  See Activity Card on <b><u>Slide 3</u></b>	Try to do 30 mins of exercise today either walking, jogging, biking, skating or skateboarding.	Catching Challenges  See activity card on <b><u>Slide 6</u></b>	Football Skills Session - YouTube  <a href="#">Click here to watch video</a>	Gymnastic routine - Home Balance and core strength.  See activity card on <b><u>Slide 8</u></b>
<b>SCHOOL GAMES VALUES ACTIVITY</b>	Self belief  How many object in your home can you juggle with?  i.e. Hard boiled egg, a tennis ball, cushions? Ball of socks?  Start with 2 items and add as you get more confident.	<b>Passion</b>  <b>Get outside and play a sport you love or any other passion you may have.</b>  <b>Drawing/ painting</b> <b>Singing/ dancing</b> <b>Football/ hockey etc.</b>	Respect  Clean you football boots, trainers ready for the new season of sport.  This could help with performance and looking/ feeling your best.	<b>Determination</b>  <b>Have you got a book you are trying to finish?</b>  <b>Make time to complete the book.</b> <b>My son is currently reading 'Diary of a Wimpy Kid'.</b>	<b>Team Work</b>  <b>Can you help a brother or sister with their homework or to help tidy or organise a selection of toys in their bedroom.</b>
<b>CHALLENGE ACTIVITY</b>	ROBOT Challenge  Give this fun activity a try with a family member or with a sibling.  See activity card on <b><u>Slide 4</u></b>	Closest to the Wall Challenge  See activity card on <b><u>Slide 5</u></b>	Table Air Hockey  See Activity Card on <b><u>Slide 7</u></b>	Follow along with SSP Gemma Smith's dance routine of 'If your over me'.  <a href="#">Click here for Video</a>	Magic trick for Kids  Practise some easy magic tricks and perform them back to your family.  <a href="#">Click here for video</a>

# CHANCE TO SHINE WEEKLY SESSION: WEEK 5 – FEROCIOUS FIELDER

PARENT & CHILD ACTIVITY

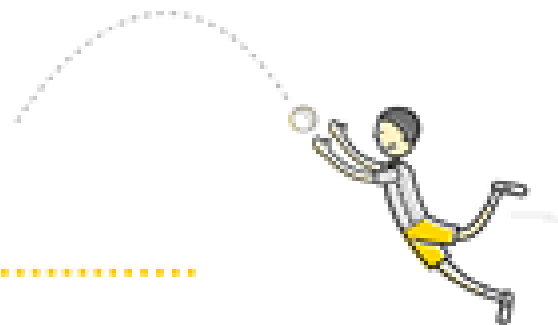


## LEARNING OUTCOMES:

To apply running, throwing and stopping skills into a competitive situation.

## EQUIPMENT:

- Tennis ball or soft ball
- Cones
- Stumps (or a target to aim at)
- A Cricket bat (or something similar)



## 'RUN THEM OUT' PAIRS CHALLENGE:

- Fielder: On the call of 'yes' from the batter, run around a cone then pick up a tennis ball and throw at the stumps
- Batter: After calling 'yes', try to complete a 'run 2' and get back to the crease line before being run out
- Scoring: 10 points for the fielder for every run out, 2 points for the batter for every safely completed run
- Swap after 5 attempts and keep track of overall scores

## COACHING POINTS

- Get into a low, balanced position to pick up the ball
- Keep your energy moving towards the target throughout



LET US KNOW HOW YOU GET ON! COMMENT BELOW WITH YOUR BEST SCORES AND WE'LL SEE IF YOU MAKE IT ON TO THE LEADERBOARD AT THE END OF THE WEEK!

# ROBOT

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 2+

**SPACE NEEDED:** Living Room

**EQUIPMENT NEEDED:** Blindfold/scarf and soft toys

## HOW TO PLAY:

Spread a selection of soft toys on the floor. Starting away from the toys, in pairs, 1 person is blindfolded (using a scarf) and is the 'Robot'. Their partner tells them how and where to move to pick up objects and bring them back. Take turns picking up the toys.

Challenge yourselves by choosing a specific toy each time. Make it harder by not allowing the Robot to touch any of the other toys on their journey. If they do, they have to start again.



# CLOSEST TO WALL

**AGE:** 5+

**NUMBER OF PEOPLE:** 2+

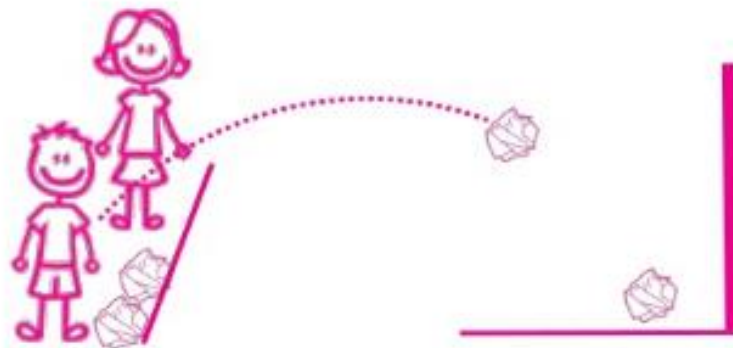
**SPACE NEEDED:** Living Room

**EQUIPMENT NEEDED:** Balls, beanbags, socks, paper balls

## HOW TO PLAY:

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.



## What level can you get to over the school holidays?

What do you need: wall, hard surface and a ball – use whatever balls you have at home.

### Harder

smaller, bouncier balls e.g. rubber  
bouncy balls

### Easier

larger, softer e.g. large foam  
balls

## Catching Challenge

1	Wall	Bounce	Catch					
2	Wall	Bounce	Bounce	Catch				
3	Wall	Catch	Bounce	Catch				
4	Bounce	Wall	Catch	Bounce	Catch			
5	Bounce	Wall	Bounce	Catch	Bounce	Catch		
6	Wall	Bounce	Catch	Bounce	Catch			
7	Wall	Bounce	Bounce	Catch	Bounce	Catch		
8	Wall	Catch	Bounce	Catch	Bounce	Catch		
9	Bounce	Wall	Catch	Bounce	Catch	Bounce	Catch	
10	Bounce	Wall	Bounce	Catch	Bounce	Catch	Bounce	Catch

## How did you go?

Level 1 & 2



AMAZING

Level 3 & 4



SUPERSTAR

Level 6 & 7



HERO

Level 9 & 10



LEGEND

Bonus



CATCHING  
GENIUS

# AIR HOCKEY

**AGE:** 5 to 11

**NUMBER OF PEOPLE:** 2-4

**SPACE NEEDED:** Table

**EQUIPMENT NEEDED:** Table and books, cartons, paper balls and plastic cups

## HOW TO PLAY:

Create an air hockey table by placing books, juice cartons around the edge to make the wall leaving a gap at either end of the table for the goals. Use a crumpled up paper ball. You can use an upside down plastic cup as the pusher instead of your hands.

Opponents stand defending their gap/goal with one hand and hit the paper ball towards the other goal.

Add more players by creating more gaps and play multi ball by adding more paper balls.



# Gymnastics @ Home

Balances - Stage 2



**Active me:** Can you perform a balance of your choice?  
Take a look at some of these balances, can you do any?



North Tyneside  
PE, Sport + Physical Activity

**Develop me:**

Are you in control of the balance?

Can you hold each balance for 3 seconds?

Do you think you could improve your balance?



## Recommendations:

- Check with an adult before starting
- Tie hair back & no jewellery
- Make sure you have enough suitable space around you and that there are no hazards

*Physical activities can have a risk of injury, please ensure you participate in activities suitable to your skill level. Taking part in the activities are at your own risk.*

**Challenge me:**

Could you link a couple of balances together? Could you find different ways to travel between each one?



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**Gail's Tips:**

Stretch and extend all of your body during the balance

