

Home Learning Physical Activity

Stage 1

Activity: Hopscotch

Using some tape/rope/wool/cardboard or anything available make yourself a hopscotch course in the backyard or safe space in the house. Challenge yourself by adding as many single/doubles squares as you can and change your course around to make it interesting. You can time yourself from the start to finish and try and beat your score throughout the week.

Activity: Balance beam

You have had a chance to work on your balance while on the spot now you can test it out by moving around. You will need some tape or using lines on pavements etc. You can start by imagining you have to stay on the balance beam which is your tape/string or pavements. If your foot moves off the balance beam then you need to start your course again. If you complete the course try it again this time on your tip-toes, then walking backwards and sideways.

Activity: Fitness Bingo

Using A4 paper make a 3x3 grid that looks like the one below. You need to choose nine movements and write them one per square. You might have something that looks like the grid below. You need to write all nine activities that you have written on your board onto pieces of paper to be drawn out of a hat or box. Once you complete three in a row that are across, down or diagonal you win.

Jump on the spot for 1 minute	Run 10 laps of your backyard	Hold a T pose on one leg for 1 minute
Dance to your favourite song for the whole song	Kick a ball 10 times	Throw and catch successfully 5 times

Hop around the backyard for 90 seconds	Do 20 star jumps	Hop from your front door to your bedroom and back
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Stage 2

Activity: Your own dance

Choose one of your songs, making sure it is appropriate and come up with a dance routine for that song. You have a challenge in your dance, try to use enough body positions in the dance where you can spell your name, for example if you have a T in your name you can do the 'T pose'. Use different levels in your song, this means use dance moves with your body up straight, crouching and even lower if you can. Be as creative as you like with your dance.

Activity: Trick shot challenge

Using one of the previous activities such as kicking, striking or catching you are to try and create a SAFE trick shot. You can do something as simple as trying to kick a soccer ball at a bottle and knock the cap off the bottle. With your parents permission you can film it and discuss with your teacher if you could post your challenge to google classroom or class dojo and set the challenge for classmates.

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Hop around the backyard for 90 seconds	Do 20 star jumps	Hop from your front door to your bedroom and back

Stage 3

Activity: Trick shot challenge

Using one of the previous activities such as kicking, striking or catching you are to try and create a SAFE trick shot. You can do something as simple as trying to kick a soccer ball at a bottle and knock the cap off the bottle. With your parents permission you can film it and discuss with your teacher if you could post your challenge to google classroom or class dojo and set the challenge for classmates.

Activity: Frisbee golf

Using a frisbee, soccer ball, rugby ball or any other ball of your choice. Set up a golf course in your backyard and play alone or challenge a partner. You will need a hole, you can use a hula hoop/bucket/cup or anything available. Have a starting point and try and get the ball into the target in as few turns possible. Change your course around and try to have the lowest score.

Activity: Fitness Bingo

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Hop around the backyard for 90 seconds	Do 20 star jumps	Hop from your front door to your bedroom and back