

Ideas to keep active

When we are in school, we try to keep the children active for at least an hour every day. This is not through just PE lessons and our English lessons, maths, science, break time and lunch times are also very active.

Here are a few ideas to keep your child active throughout the day. They are fun and enjoyable and the whole family can take part. We have been lucky that it has been fairly dry but when it is rainy, it is harder to get everybody out and wanting to exercise.

7 minute workout

What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks



10-1 workout

Complete the exercises below:



- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank

Now have a go at making up your own exercise for 10-1!

Alphabet scavenger hunt



What you need: One or more players, a piece of paper, a pen and a stopwatch / clock.

How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

How quickly can you find the alphabet?



Alphabet walk

Play: Outside



How to play:

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', then the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'



Blindfold obstacle course

What you need: A blindfold which could be a tea towel or jumper.

People: 2 or more

Play: Inside or outside



How to play:

- Create an obstacle course using whatever you can find e.g. cushions, chairs, clothes horse etc.
- One person begins blindfolded and the other person guides them around the obstacle course.



Cards fitness fun

What you need: Pack of cards

People: 1 or more

How to play:



- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Can you complete the pack?

Cereal box challenge



Get Set 4 PE.

What you need: an empty cereal box, one or more players.

How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.
- Top tip: hold onto your leg/s to help you to balance



How low can you go?



Get Set 4 PE.

Kerby

What you need: 1 ball and two kerbs that are approx. 4m apart or more

People: 2 or more

How to play:

- Players stand opposite each other on the pavement. The aim of the game is to reach the opposite kerb to score a point.
- One person starts with the ball and attempts to throw the ball so that it hits the opposite kerb and bounces back. If it doesn't, the other person gets a turn.
- If it does hit the kerb and bounce back, the person who threw it gets to take one jump towards the opposite kerb. They attempt to throw the ball to hit the kerb again, if they do hit the kerb, they get to take another jump and so on until either they miss and their turn is over or they reach the opposite kerb and score one point.
- When throwing the ball, if it bounces back and hits your own kerb or if the ball bounces back and you can catch it, you are able to take two jumps at once towards the opposite kerb.

Play with more people by playing in pairs or teams.

<https://www.bbc.co.uk/teach/superheroes>

PE with Joe Wicks- You Tube

Cosmic Kids Yoga- You Tube

Go Noodle