

PE ACTIVITY GRID

<p><u>Morning Work Out</u></p> <p>Every school day at 9am, Joe Wicks 'The Body Coach' is providing fitness sessions for children.</p> <p>Start your day the active way! www.youtube.com/user/thebodycoach <u>1</u></p>	<p><u>Ball Toss</u></p> <p>Throwing balls into a tub / pot / basin, you can add in a points system with tubs at different distances or of different sizes. (You can use rolled up socks as balls and anything as a target).</p>	<p><u>Pupil Choice</u></p> <p>Choose an activity that you would like to do. From practicing and consolidating a PE skill to getting out and about for a cycle or a run.</p>	<p><u>Bounce</u></p> <p>Can you bounce and catch a ball? How many times in a row? Can you turn this into a basketball dribble? Traveling around a set course. Set yourself a bounce challenge.</p>
<p><u>PE in my school</u></p> <p>What is your favourite PE activity in your school? Draw a picture of yourself playing that game. Can you retell the rules of the game? How do you know if you are playing well?</p>	<p><u>Learn to Juggle</u></p> <p>Take on the challenge of learning a new skill. Can you juggle with 2 or even 3 balls (rolled up socks or something similar could be used). Use this You Tube coaching session to help you. www.youtube.com/watch?v=kCt1bmSASCI</p>	<p><u>Dance Class</u></p> <p>Put your rhythm and timing to the test by following the steps on this 'Just Dance' session to 'Kung Fu Fighting'. www.youtube.com/watch?v=domGaQVg004</p>	<p><u>Winning & Losing</u></p> <p>Choose a board game / card game to play with another person. Can you be a 'good sport' and take part fairly?</p>
<p><u>Create Shapes</u></p> <p>This simple balancing game just needs a space and a dice (or even 1 – 6 number cards in a tub). Once number is chosen, you must create a balance with that number of body parts. What shapes can you create?</p>	<p><u>Keepy Ups</u></p> <p>What have you got lying around your house? A ball, a balloon? Can you keep the item of the floor using your hands and / or feet? Keep note of your best score and challenge other family members to 'have a go'.</p>	<p><u>Balloon Badminton</u></p> <p>Play with a partner. Creating a net or boundary (cushions or even a line on the ground will do), can you keep the balloon away from your side? Use as many touches as you like to get it to the other side.</p>	<p><u>Daily km</u></p> <p>Use space in your garden or nearby green space to run, jog and move around for 1 km.</p>
<p>WNSS Wall of Fame</p>			
<p><u>Bounce & Balance</u></p> <p>Stand on one leg, use one hand to bounce and catch a ball. How long can you go before you drop the ball or lose your balance?</p>	<p><u>Partner Catch</u></p> <p>Underarm throw a ball (rolled up socks) to a partner. Every 10 catches take a step back. How many catches can you do without dropping the ball?</p>	<p><u>Speed Skipping</u></p> <p>Using a skipping rope, How many skips can you do before missing?</p>	<p><u>Partner catch – 2 balls</u></p> <p>Underarm throw a ball to your partner at the same time your partner underarms throws a ball to you. How many can you do before dropping the ball?</p>

