



# Athletics

Find 10 small soft objects. You can use your toys to help you!



Jump OVER them.  
Jump AROUND them.  
Jump BEHIND them.  
Jump IN FRONT of them.

Tell your family which jumps you like best.  
Can you say why?

Tick the box once you have completed this challenge!



# Dance

Can you move your body in the following ways?



- Stomp heavily like elephants.
- Waddle quickly like penguins.
- Crawl slowly like crocodiles.
- Pounce carefully like cats.
- Run lightly like mice.

What other animals can you name?  
Think about how that animal might move and see if you can move your body in the same way.  
Can you describe how your body is moving?



Tick the box once you have completed this challenge!

# Rounders

You will need three small pieces of paper about the size of a post it note, and three of your favourite toys.

Put the pieces of paper onto the floor in front of you like this:



Stand a few paces away and have the three toys next to you.  
Pick up one toy and run and put it on top of one of the pieces of paper, then do the same for the other two toys. How fast can you do this?



Now can you run and collect each toy one at a time? How fast can you do it?

What could you do to beat your score next time?

Tick the box once you have completed this challenge!



# Gymnastics

Use your body to make: a tall, narrow shape, a wide shape, a curved shape, a small, curled shape, a twisted shape.

- Now use your body to make:
- A tall, twisted shape
  - A wide, curled shape
  - A small, twisted shape



Can you remember your shapes and show them to someone in your family?

Choose your favourite piece of music.

Dance about when the music plays and when it stops... perform one of your shapes – make sure you are as still as a statue

Tick the box once you have completed this challenge!



# Outdoor and Adventurous Activities

Choose your 5 favourite colours.  
Write down the colour names or draw a blob for each colour.

Now see how quickly you can find 5 objects for each colour.  
Can you put a ✓ each time you find something?



How quickly can you do this?

Tick the box once you have completed this challenge!



#stayhomestayactive

@PEatHome1



## Athletics

Find a small space with a soft landing.

How many different ways can you find to jump?

**Bright ideas:**

- How far can you jump?
- How high can you jump?
- Can you jump from side to side?
- Can you jump and turn?



Can you jump far, high, right, left, backwards, forwards and repeat?

Now add some music to your jumping to make it more fun.



Tick the box once you have completed this challenge!

## Tchoukball

In tchoukball you score a point by throwing the ball at the frame and getting it to hit the floor. If the other team catch the ball off the frame you do not score a point.

You are going to play a mini tchoukball game against your family member

Take it in turns to throw the ball at the wall, if the ball hits the floor you score a point, if the ball is caught no point is scored.

Every time you have had three goes each, move back a little bit further away from the wall to make the game more challenging.

For more challenge, the catcher could start sitting down on the floor!



Tick the box once you have completed this challenge!



## Outdoor and Adventurous Activities

Invite your family to play the crocodile challenge!

Tell them that the aim of the game is for all of you to get across the river without falling in to the crocs!

Everyone must start on the same river bank:

- \* If anyone falls in you must all start again!
- \* You can only use the objects you have collected to get across.
- \* You must get yourself and your family to the other side safely and with all of your objects.



Tick the box once you have completed this challenge!

## Dance

Look at superhero clips online, look at the way superheroes move and the poses (shapes) they make.

Can you think of 3 shapes (poses) that show the strength/character of your superhero? Practise your shapes thinking about which way they fit together best.

Now practise your poses at different levels? Do you think they look best at a high, medium or low level? You can use all three.



Chose a piece of superhero music. Listen to the music, can you perform your poses to the music? Hold each pose for at least 3 seconds.



Tick the box once you have completed this challenge!

## Gymnastics

Find the biggest space you have in your house or garden.

Can you use your body to make as many shapes as possible? Count how many different shapes you can come up with.

**Bright ideas:**

- Can you make the following shapes with your body?
- 'P' shape      - 'E' shape      - '@' shape
- 'H' shape      - 'O' shape      - M Shape

Can you make another E shape? What have you spelt out?

What other letters of the alphabet can you make? Try to make your shapes look as neat as possible. Think about straight lines and curves.



Tick the box once you have completed this challenge!



# KS1



#stayhomestayactive

@PEatHome1

# Athletics

Use 8 objects to make a V shape  
Start at the narrow end and jump  
across from one side to the other.  
Try using 1 foot and 2 foot jumps  
first. Then just jump 2 feet to 2 feet.



See how far along you can jump  
across your 'V'.

How did it feel when you jumped further each time you  
practised this?



Tick the box once you  
have completed this  
challenge!

# Ultimate Frisbee

You can use a Frisbee (disc), a paper plate (upside  
down flies best), or any circular container lid.

Can you ask someone in your family to throw your  
disc to you so you can catch it?



High Catch  
Thumbs underneath



Low Catch  
Thumbs on top

Try catching it in  
two hands and  
then one hand.  
Which is  
easiest?

Practise catching the disc using these 'pincer' grips.



Tick the box once you  
have completed this  
challenge!

# Gymnastics

You will need 6 small pieces of paper.  
Place them on the floor in an  
interesting pattern.

Choose 6 balances that you can do  
on different body parts.  
Perform one balance on each of your  
paper 'spots'.

Try starting at different spots to  
decide the order that you would like  
to put your balances in to make a  
sequence.



Can you find a different way to travel between each  
spot/balance?



Tick the box once you  
have completed this  
challenge!

# Outdoor and Adventurous Activities

Find 10 small objects and spread them out  
on the floor.

Ask someone to help you out.

Ask them to close their eyes and guide them through the  
obstacles to the other side by giving clear instructions.  
Could they collect some 'treasure' when they get there?



Don't let them step on anything!  
Can you be creative and invent an  
adventure for this activity?

Tick the box once you have  
completed this challenge!



# Dance

Explore making the body shapes from 'ka mate,  
ka mate' – the traditional New Zealand rugby haka,  
made by the players in the pictures below.

Can you perform them in sequence and make your  
body shapes strong.

Try adding in some actions like stomping your feet,  
slapping your hands on your legs or arms or sticking  
out your tongue!

Explore what other strong shapes and  
actions you could make with your  
body. Can you vary the levels of your  
shapes to add interest (high, middle,  
low)?



Tick the box once you have  
completed this challenge!

# KS2

PE at Home

@KESSPB

@awhitehousePE

@SarahLayPE



# Dance

You will be working on popping, locking and waving.

Can you create 10 seconds of dance which contains locking, popping and waving?

Can you challenge a member of your family to a dance off using these techniques?

Tick the box once you have completed this challenge!



# Football

You will need one ball for your challenge.

Make sure you have a clear space.

Get a family member to time 30 seconds for you. How many turns can you do in your space in this time?

Repeat the challenge – this time, how many different turns can you do in 30 seconds?

Can you invent your own turn?



Tick the box once you have completed this challenge!



# Gymnastics

Can you use either the ribbon, ball or hoop to create a 30 second routine?

To make your routine interesting try adding:

URNS JUMPS LEAPS  
BALANCES TWISTS THROWS

Record your routine. What aspects of your routine could you improve?



Tick the box once you have completed this challenge!



# Sitting Volleyball

Sit facing 4 areas which are set out as in the diagram below.



Hold the ball above your head or get someone in your family to hold the ball.

Try to hit the ball with the palm of your hand into the areas.

How many points can you score with 10 hits?



Tick the box once you have completed this challenge!



# Handball

The goalkeeper in handball is an essential player as they stop goals being scored.

Goalkeepers need good reactions to prevent the ball going into the goal.

For this practice, you will need four colored pieces of paper. Stick them to a wall about 1 metre apart from each other.

Ask a family member to shout out different colours – how quickly can you touch that colour?



Tick the box once you have completed this challenge!





# Athletics



Mark out a start line. Hop, step and jump and measure the distance you achieve from a standing start with an object or a tape measure.

Once you have completed a jump from a standing start, take 3 steps as a run up before the start line and measure your jump.

How does beating your personal best make you feel? How can you remain positive if you don't beat your personal best?

Tick the box once you have completed this challenge!



# Cricket

Can you look at the technique for different types of bowling?

<https://www.youtube.com/watch?v=1IjUhVhK6W4>

Can you practice some of these techniques bowling at the stumps?

- Fast bowling
- Spin bowling
- Yorkers
- Bouncers



Can you research which cricketers use these different types of bowling techniques?



Tick the box once you have completed this challenge!

# Outdoor and Adventurous Activities

Find 10 pieces of paper. You have 10 minutes to build the tallest tower that you can.

Your structure has to be free standing and you cannot use tape, glue or paperclips to hold it together.

Challenge someone else in your house to complete the task with you and see who can build the tallest tower.



Tick the box once you have completed this challenge!

# Ultimate Frisbee

For this challenge, you will need a family member to help you.



They should stand a safe distance away from you.

Using a forehand throw, how many times can you catch the disc between you in 1 minute? Try using a backhand throw and see which is more challenging!

Tip: Try using the pincer catch when receiving the Frisbee – for a real challenge, try jumping vertically from two feet to two feet and catching at the same time.



Tick the box once you have completed this challenge!

# Dance

For this challenge, you will need to use all of the hand gestures and movements that you have already practised.

Can you create a 10 second Bollywood dance with hand gestures and movement?

Record your dance – what aspects are good and what could you improve?

Look for other Bollywood dances and see how they compare with yours.



Tick the box once you have completed this challenge!