

#stayhomestayactive

@PEatHome1

PE
at home



EYFS

Bright ideas

- Make a den!

Can you put some pillows or cushions inside to make it cosy and then read your favourite book in your den?

- Play Hide and Seek

You will need someone to play with. Try this inside your home or in a safe outside space. How quickly can you run and hide?

- Play 'Sock Tag'.

You will need someone to play with. Choose your favourite sock and tuck it in the back of your waistband (like a tail). Chase each other around. If you can grab the other person's sock (tail) then you are the winner!

KS1

Bright ideas

- Make a Campsite!

You can do this inside or outside. Use a tent if you have one or you can make your own with chairs, clothes racks and blankets. Can you design a campfire from cardboard boxes and coloured paper? Enjoy some treats and sing campfire songs!

- Treasure Hunt

Ask a family member to play with you. Make 5 cards with items to be found indoors and 5 to be found outdoors. Ideas could be '*something pink*' '*7 socks*' '*a green and a brown leaf.*'

- 100 a day challenge

Can you come up with a different 100 challenge each day of half term for you and your family? 100 catches, 100 step ups, 100 dance moves – you choose!

KS2

Bright ideas

- Scavenger Hunt.

You will need a VERY small box, (matchbox size or similar). How many different objects can you find to put in your box around your home or outside? Challenge your family. Who can find the most?

- Paper Aeroplane Throw.

Design and make a paper aeroplane. How far can you throw it? Challenge your family to a paper aeroplane throwing competition.

- Floor is Lava!

Imagine the floor is made from lava! Can you find ways of crossing the floor without actually touching it? Can you do this inside and outside? Be careful – do this safely!



KS3

Bright ideas

- Can you create your own dance and pair it with some of your favourite music?
- Can you design a new game with 3 pieces of equipment that you can find in your house?
- Can you design a fitness session for your family?



KS4

Bright ideas

- Who is your favourite sportsman/woman? Can you devise a practice that might help them improve in their sport?
- Challenge the members of your family to an athletics competition. Who can jump the furthest? Who can run 10 metres the fastest? Who can throw a ball the furthest?
- Can you create a new game with a bat and a ball and play it with your family?



@KESSPB

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