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# EXPLORE

**Resourceful** is a very big word!

It is really good to be resourceful, it means that you are able to find clever ways to do difficult things as quickly as you can.

You need to be resourceful to do a jigsaw. If you are clever, you will find the corner pieces first, before putting in the other pieces as quickly as possible.

You are going to be resourceful by doing a scavenger hunt and then making one of your own.

The scavenger hunt is going to be split into indoor and outdoor (if you don't have a garden perhaps you can look for the outdoor items when you go out for your daily exercise.) The aim of the hunt is to find the items below as quickly as possible. **READY..STEADY..GO!**

- INDOORS**
- A red toy
  - Anything pink
  - A book with a number in the title
  - Something sparkly
  - A pair of sunglasses



- OUTDOORS**
- Something beginning with D
  - A gate
  - Tree bark
  - A worm
  - A twig



### SEND ADAPTATIONS

- Start by collecting fewer objects and adding more as you become confident.

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# PRACTICE

Now that you have practised collecting objects it is time to give you an even bigger challenge to see if you can be **resourceful**.

In Michael Rosen's story 'We're Going on a Bear Hunt' the family face big challenges and have to be very resourceful on their journey.

Find a clear space and practise travelling using the descriptions from the story. Can you...

- Slide, crawl, run through long, wavy grass?
- Swim, step, jump through a deep cold river?
- Jump, squidge, slide through thick oozy mud?
- Fly, twist, turn through a swirling, whirling snowstorm?
- Creep, tip toe, skip through a narrow gloomy cave?

### SEND ADAPTATIONS

- Start with slower, smaller actions and move on to the bigger, quicker actions as you become more confident.

## KEY THEME: RESOURCEFUL

### Communication and Language (Speaking)

Now that you have practised doing clever things as quickly as possible, you are becoming an expert at being resourceful.

Can you think of some things that you still need to get a little bit better at? Talk about this with a family member and what you could do to be able to do it better.

Can you get better at.....

- Zipping up your own coat?
- Putting on your socks and shoes?
- Writing your name?
- Putting on your pyjamas?
- Eating with a knife and fork?
- Tidying your bedroom?

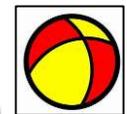


# DEVELOP

Now that you have taken part in a scavenger hunt and practised moving in lots of clever ways, you are going to put the two together and make your own challenge. Ask a family member if they will help you but tell them they will have to be very **resourceful!**

You are going to make your own scavenger hunt with instructions about how to move while doing it.

You may want to draw pictures for the items you have to find or ask your family member to help you write out the word.



Ball

Decide how many items have to be found on your scavenger hunt.

The items might be indoors, outdoors or both.

While you are finding each item, you or your family member have to follow the instructions on how to move using the descriptions from the 'practice' section or using some of your own.

Can you find a



Dice

and can you...

Jump, crawl, twist

Once you have planned five items, see who can be the quickest to move following the instructions and find the items. Remember to be resourceful, plan ahead, be safe and as quick as possible.

### SEND ADAPTATIONS

- Start by just finding objects, then add in the movements afterwards.

### Did you know?

Giraffes are one of the most RESOURCEFUL animals in the jungle?

They manage to find food that almost no other animal has. They are one of the only animals that can reach the highest leaves on the trees because of their very, very long neck!

Giraffes eat the highest leaves from the tallest trees, which are very healthy and nutritious and because of this they need much less food than lots of the other animals.



## EYFS – OUTDOOR AND AVENTUROUS ACTIVITIES



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## EXPLORE

We are going to be 'navigating' our way around the indoor and outdoor spaces where we live. Remember to have a grown up with you if you are in an outdoor space.

Navigating means to find our way correctly around different places or spaces.

Can you move between all of the different rooms and spaces inside and outside your home? How quickly can you do this? What is the fastest route you can take?

Can you navigate across and around all of the different rooms and spaces?

How many steps does it take to walk from one side of each room to the other side?

As you navigate around your home, can you describe what you are doing – for example "walk out of my bedroom, turn left and walk 5 steps to the bathroom."

### SEND ADAPTATIONS

- Navigate within fewer rooms or spaces.
- Visually impaired pupils could move with someone as a guide.



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## PRACTICE

When navigating it is helpful to know the 4 points of a compass - North, South, East and West.



You need 4 pieces of paper. Write one compass point on each piece of paper. Find a big, safe space and put the 4 pieces of paper in the space – make sure you have them the correct way round!

Stand in the middle of the space, and practise moving quickly from your starting point to each compass point and back to the middle.

Ask someone to call out a compass point. How quickly can you move to it?

Play this game again with someone else in your home. Who can reach the compass point first? Play this safely and carefully!

### SEND ADAPTATIONS

- Use two compass points to start with.
- Focus on moving to the correct point before trying to do this quickly.

## KEY THEME: RESOURCEFUL

### English Task

Being resourceful means finding ways to overcome things we find difficult.

Think of things that you find tricky – it could be something you do at school or even something at home like making your bed, or tying your shoe laces!

Choose 1 thing to focus on getting better at this week. Think about what you could do to overcome your difficulty. Talk about this with someone at home.

Write down a list of 3 'top tips' to help you. Try to do these every day and at the end of the week see if you have overcome what you found tricky. If you still need to keep trying - that is ok!

## DEVELOP



Find 9 small objects to use, and place them in your space in 3 rows of 3.

Stand next to the object in the middle of the bottom row. Move North until you reach the next object, then can you move East until you reach the next object? Stop. Look around you – which direction are you going to move next? Call out the name of the direction before you move.

Can you change direction and move between all of your objects? Try this again, starting at a different object.

Being resourceful means that we have to find ways to overcome difficulties. Knowing about North, South, East and West and using them on a compass or a map can help us to avoid getting lost when we are in the outdoors.

Use a sheet of paper and draw 9 big dots on the paper to show a 'map' of your objects. Can you draw the N,S,E,W compass symbol in a corner of your map too?

Draw lines between your dots to show a route between your objects. Write 'start' next to the first dot. Ask someone in your family to follow your route. Ask them to tell you whether they are going N, S, E, or W as they move.



### SEND ADAPTATIONS

- Have N, S, E, W labels in the space.
- Use fewer objects.

### Did you know?

Christopher Columbus was an Italian explorer who was resourceful in order to navigate his ship to the Americas in 1492. He made 4 trips across the Atlantic ocean in his ships the Nina, Pinta and Santa Maria.





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# PRACTICE

Using your 8 objects again, place them in 8 different places around your home – inside and outside if that is possible.

Choose a 'base' in your home.  
How quickly can you navigate from your base to each object? Return to base before moving to the next object. Remember to move carefully and safely, especially if you are going up and down stairs.

Now move from your base to each object in turn without returning to your base until you have visited each object.

Try navigating to each object in a different order.  
Can you find the quickest and most efficient way to do this?



### SEND ADAPTATIONS

- Start by visiting fewer rooms and spaces.
- Use fewer objects.

# DEVELOP

Place your objects around your home again but in different places this time. Being resourceful is a useful skill to have when taking part in outdoor and adventurous activities. Being able to use a map to locate things and places is one way to be resourceful.

Make a sketch map of your home – you will need to make an 'aerial' view – imagine you are a bird flying over looking down! You might need to do one sketch map for your downstairs and one for upstairs if you have one.

Draw some of the key features of things in your home onto your map. This can be things like your bed, sofa or dustbins! You could design a symbol for these key features – remember to add a key for what each symbol means.

Mark onto your map where you have placed your objects. Practise using your map to locate your objects. Tick them off a list, or collect them as you go along.

Ask someone else in your family to move the objects and mark their new positions on your map. Can you use your map to quickly locate each object. Challenge someone in your family to take part. Who can do it the quickest?

### SEND ADAPTATIONS

- Add descriptions or words next to symbols on the map.



# EXPLORE

When completing activities in the outdoors such as orienteering you need to have quick, and nimble footwork.

Find a safe space to move in, indoors or outdoors. Find 8 household objects that you can use – these could be flat objects such as a lid or paper plate, or slightly raised objects such as a soft toy or plastic cup.

Spread your objects out in the space and then explore moving quickly and nimbly, between them, around them and over them.

Stay light on your feet, move quickly and change directions.

Can you set up a mini obstacle course in your space using your objects? Ask other people in your home to complete the obstacle course too.

### SEND ADAPTATIONS

- Children with limited movement can use a smaller space and use their walking/movement aids to help.
- Use less speed to build up light footwork and accuracy to start with.



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# KEY THEME: RESOURCEFUL

## English Task

R  
E  
S  
O  
U  
R  
C  
E  
F  
U  
L

To be resourceful you sometimes have to find ways to overcome difficult situations. We are all having to find ways to be resourceful and overcome difficulties at the moment.

Write a 'guide to being resourceful' to help us when things get tricky.

Write the word 'resourceful' down the side of a piece of paper – like an acrostic. Choose a word that starts with each initial letter on the line .

An example for 'R' might be:

“Remember that there is always a solution to our problems.”

## Did you know?

The Ancient Egyptians built huge pyramids made out of stone for their pharaohs. Each pyramid took over 20 years to build and the stone had to be cut, shaped and transported by thousands of men. They had to be extremely resourceful to build these giant pyramids.



# KS2 – OUTDOOR AND AVENTUROUS ACTIVITIES



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# EXPLORE

Being resourceful is the ability to find clever ways to overcome difficulties.

All outdoor and adventurous activities require resourcefulness in order to solve problems or complete a task.

Look at the symbols that might be found on an Ordnance Survey map:



- Can you identify what these symbols represent on a map?
- Can you find 3 more symbols that represent features that might be found around where you live?
- Think about creating a new symbol for a feature near your home – what would it look like?

### SEND ADAPTATIONS

- Visually impaired learners could describe the feature to a family member.



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# PRACTICE

Choose 5 symbols and draw them onto separate pieces of paper.

Place the symbols face down on the floor 5 strides away from you. Place a cone 10 strides away from the cards.

Start at the cone and get a family member to time you. Ask your family member to shout out the name of a symbol.

Run to the cards and turn one of the cards over. If it matches, leave it facing upwards. If it does not match, turn the card face down.

How long does it take you to turn all the cards over?

### SEND ADAPTATIONS

- Ensure the cards are at an accessible height for wheelchair users.

# KEY THEME: RESOURCEFUL

## English Task

Being resourceful often means spending time coming up with solutions to problems that we don't immediately understand.

Think of a topic in school that you have really struggled with.

Take 1 hour to try to understand this topic better. Think about:

- Where can I go for more information?
- Who could I talk to that might be able to help me?
- Is there a different way of thinking about the problem?
- What methods can I use to make me have a better grasp of the topic.

After the hour is up, reflect on your progress.

- Do you have a better understanding of the topic?
- Did you use all the resources available to you to further your understanding?
- What might the next steps be to understand the topic even more?

# DEVELOP

Create a card with 5 symbols of your choice which you could find in your local area.

Go for a walk around your local area with a family member. Look out for the features on your card on your walk.

Every time you see one of the features, tick this off on your card.

Try and complete your walk with all of your symbols ticked off.

- How long did it take you to tick off all the symbols?
- How can you re-plan your route next time to tick off the symbols faster?
- Can you challenge a family member to take up the challenge with a new route? Were they quicker or slower at finding the features than you?
- Were there any features that you saw that you could add onto your card?

### SEND ADAPTATIONS

- Make sure the route is suitable for visually impaired or wheelchair users.



## Did you know?

In 1953, New Zealander, Edmund Hillary was the first person to reach the summit of the worlds biggest mountain, Mount Everest. The mountain is 29,032 ft high, the summit is a dome of snow with only space for 6 people to stand. Hillary had to use all his resourcefulness to reach the top of this imposing mountain.



# KS3 – OUTDOOR AND AVENTUROUS ACTIVITIES



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# EXPLORE

Being able to use a map is essential in lots of outdoor and adventurous activities.

Walk around your local area with a pen and a notebook.

Can you sketch out a simple map of your route? You might want to consider:

- The key features that appear on your walk.
  - The scale of your map.
- The distance between different features.

Can you add a simple grid to your map?

- Your grid will need to include eastings (vertical lines) and northings (horizontal lines).
- Your lines will need to be labelled with grid numbers.

Remember, when reading grid references, the numbers at the bottom of the map come first and then the numbers up the side.

Can you give each feature on your map a 4 or 6 figure grid reference?

### SEND ADAPTATIONS

- Use four figure grid references for simplicity.



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# PRACTICE

Now it's time to challenge a family member.

Provide them with a map and the grid references for 5 features on your map.

Go with them as they walk around your local area.

- Can your family member find all the features on your map just by the grid references that you have given them?
- Can they create a map and challenge you to find different features as you walk around you local area?
- How resourceful can you be when a feature is difficult to find?

### SEND ADAPTATIONS

- Make sure that all terrain is suitable for the young person before completing the challenge.

# KEY THEME: RESOURCEFUL

## English Task

In the play *An Inspector Calls*, Inspector Goole has to use all his resourcefulness to investigate the death of Eva Smith.

- How does Inspector Goole demonstrate resourcefulness in the play?
- How does this resourcefulness overcome the class system in the play?
  - What are the consequences for the main characters?

Think about a situation you have been in recently.

- Could you have been more resourceful in your actions?
  - What could you have done differently?
- How might you approach new problems in the future?

# DEVELOP

Now it's time to challenge your friends and see how resourceful they are.

Take a picture of your map and your grid references. Send it to a friend that lives nearby. Ask them to complete the task by taking pictures of the features at each of the grid references. If they don't have a camera, they could write down what the features are.

- How long does it take your friend to complete the course and find all the features on your map?



Challenge your friend to create their own map and challenge you!

Can you find an Ordnance Survey map of your local area? Identify some key features on the map and see if you can find all of them.

- You may want to number these features and challenge another family member to find all the features before you.
- Try starting with the even numbers and ask the family member to find the odd numbers.

### SEND ADAPTATIONS

- Make sure that the route is accessible.
- Plan ahead so the length of the route is appropriate.

## Did you know?

In 1982, British adventurer Lucy Irvine epitomised resourcefulness by spending one year on a deserted island. She survived only on what the island could provide. Her story was the inspiration behind the Tom Hanks film, *Castaway*.



# KS4 – OUTDOOR AND AVENTUROUS ACTIVITIES