



The PE Train

EYFS & KS1 Home PE Pack



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Balance



The Plate

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Equipment:

- piece of paper
- a book
- sock



Skill Tip:

Keep your tummy tight and straight! Keep your hand flat and arm extended straight.



How to play:

- Lay your hand out flat in front of you, creating a 'plate shape'. Try to hold each item (paper, book, sock) one at a time for as long as possible on your hand (plate) as you were a waiter or waitress in a restaurant.
- Now can you try to move around your room/space whilst keeping the item balanced? Try not to spill the food! Try different items and see which one is most challenging.
- Be aware of your space – keep looking around you like an owl to check you are safe!
- Can you switch hands?
- Can you place pillows down on the floor to create obstacles to move around and climb over?



Change it:

- Make the space larger and increase your speed – try to keep your object safe!
- Set up a course using pillows and now see how long it takes you to move around it.
- Use one item on each hand – try larger or smaller objects too.
- Once you have mastered playing on your own, try and play with a partner – you could even try to knock each other's objects off.

Movement skills

1 2
3 4

Number Hunt

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Equipment:

- pieces of paper
- pencil



Skill Tip:

Children may need prompting to help them find the items. Try to encourage children to work in an order.



How to play:

- Parent/carer writes out number (could be 1-10) or choose a suitable set of ten numbers to challenge the child e.g. multiples of 10-100. These must then be secretly hidden around the room/space.
- The child quickly looks around the room to see if they can touch (not collect) all 10 cards. Once complete, the roles could reverse and the child can hide the cards for their parent/carer.
- Can the numbers now be found and collected in the correct order?
- Hide in high and low places for children to change their levels when collecting.



Change it:

- Change your movement as you hunt the number e.g. hopping or skipping.
- Limit the game to one room to start with and then expand to more rooms.
- Add a movement for each number found e.g. 2 star jumps, 3 star jumps
- Use sounds or common exception words instead of numbers to improve reading skills.
- Play against a partner!

Balance

Shape Up

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How to play:

- Play some fun music!
- Ask a parent/carer to pause the music at intervals.
- When the music stops (just like musical statues), ask the children to freeze in one of the shapes – circle, square, triangle, oval or circle.
- Try to challenge yourself by keeping your eyes closed when holding your balance still. Can you hold the balance for 5 seconds without moving? NO WOBBLING!
- Try some other shapes for an extra challenge.



Change it:

- Try to dance on the spot or with a partner in a larger space.
- Task – Can you dance in the style of one of the shapes?
- Equipment – Can you balance a sock on a part of your body?
- People – Get a family member to join in – get busy and have fun!



Equipment:

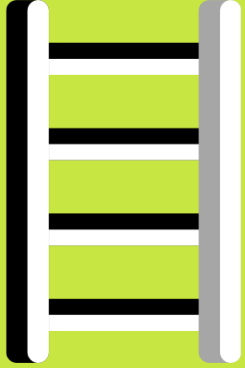
- images of shapes
- music



Skill Tip:

Focus on a spot to try to hold your balance still – keep your muscles tight.

Strength



Lockdown Ladders

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Equipment:

- socks
- tape



Skill Tip:

Bend knees and elbows and only have hands and feet in contact with the floor (no other body parts).



How to play:

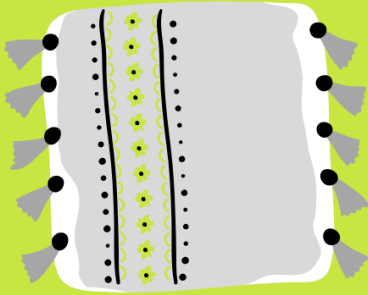
- Measure out roughly 3 metres on the floor, marking the start and end with a piece of tape.
- At the start, children should squat low, placing both hands and feet in contact with the floor in a crawl position.
- The aim of the activity is to crawl from the start of the 'ladder' (marked with tape) to the end which marks the top of the ladder. Once children have reached the top, can they complete the movement in reverse, climbing to the bottom?



Change it:

- Can you place objects at the top of the ladder and move them to the bottom (one at a time)?
- Making the size of the ladder and marking longer.
- Now try to face your tummy to the ceiling and travel up the ladder this way...
- Lay out 2 or 3 pillows to climb over on your ladder.
- Set up 2 ladders and race up and down with a partner

Throwing



Pillow Points

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Equipment:

- socks
- pillows



Skill Tip:

Focus your eyes on the pillow for improved accuracy. Try different types of throws and see which one works best.



How to play:

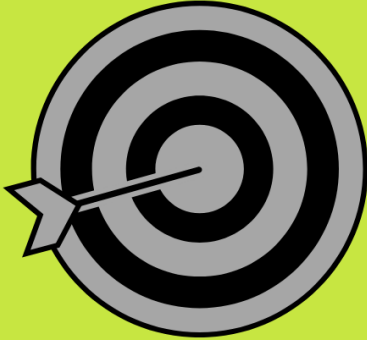
- Place 3 pillows at various distances away from a suitable throwing position.
- Collect 5 pairs of rolled up socks to throw.
- Throw each pair, aiming for the pillows. If you hit the pillow you get the points!
- Have a few tries. What is your top score?



Change it:

- Can you perform the move in front of a mirror or see your reflection in a glass door to check your arms and legs are nice and straight?
- Can you do it better on one foot than the other?
- Space the pillow closer together (easier) or further apart/away (harder)
- Try to score in order – 1 point, then 2, now 3... This is a hatrick!
- Add bowls and baskets. Can you land the socks in the target this time?
- Play against a partner. Who can score the highest?

Coordination



Roll Up

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Equipment:

- a selection of objects
- socks



Skill Tip:

Keep your eyes on the target! Try to point your hand towards the target as you roll your socks or ball.



How to play:

- Set up targets by scattering the objects you have randomly.
- Move away from the objects by taking three big steps backwards.
- Roll the socks or ball along the floor and try to hit the targets.
- When you hit a target, go and collect it and bring it back to where you are standing.
- You can only collect one object at a time.
- The game finishes when you have hit and collected all the objects.



Change it:

- Can you hit the targets by now throwing or kicking your balled socks or ball?
- Try moving further away from the targets to make it harder.
- Can you use a time limit to add pressure on yourself? How many can you hit in 1 minute?
- Use smaller targets if it's too easy!
- Play the game against a member of your family.

THE PE TRAIN

Movement skills



Farm Fun

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Equipment:

- none



Skill Tip:

Children may need prompting with ideas from stories or videos.
BE CREATIVE!



How to play:

- A adult says an animal command.
- The child quickly thinks about how that animal moves and mimics the animals movements.
- Add animal noises and actions – be as creative as possible.
- Example -

Horse – galloping

Chicken – flapping their wings

Donkey – on hands kicking legs behind

Pig – rolling in mud

Cow – walking on all fours

Tractor – moving arms in a big circle like wheels



Change it:

- Expand to other things you would find on the farm – move like corn in the field, be still like a scarecrow, move hands like a combine-harvester, etc.....
- Use a larger or smaller space to move around.
- Add in direction change e.g. move backwards like a chicken, sideways like a horse galloping, etc...
- Place objects randomly on the floor for children to move around.
- Play against a family member; who is the quickest to get into the next movement.

Balance



The Rope

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How to play:

- Roll out a 2-3 metre length of toilet roll.
- Imagine you are in the circus high above the audience.
- Walk along the 'tight rope' toilet roll, keeping your balance.
- Can you walk forwards, backwards and sideways?



Change it:

- Can children explore other ways to travel on the 'tight rope'? Crawling, jumping, dance steps, etc...
- Can you try a thinner line to walk along?
- Can you close your eyes and still balance on the line?
- Can you balance a balled pair of socks on your head whilst moving differently?
- Can you teach your family your movements?



Equipment:

- toilet roll



Skill Tip:

Keep your arms out stretched at the side of the body, make your body tall and fix your eyes on a spot in front of you.

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Observation &
Orienteering



Treasure Hunt

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Equipment:

- an object (treasure)
- paper & pencil
- timer



Skill Tip:

Search the outside edges of the room first, before looking inside the area. It is a jigsaw – make the edges first, then fill the middle.



How to play:

- Ask a family member to hide your treasure in a chosen room.
- Without any clues from your adult, search high and low for your treasure.



Change it:

- Ask your adult to draw the basic shape of the room, creating a map. When they hide the treasure this time mark with an X where the treasure is hidden on the map. Now use your map to find the treasure.
- Can you take a turn hiding the treasure and marking where it is on the map?
- Expand your search area to include other rooms.
- Take a turn hiding the treasure for your adult.
- Can you carry your teddy on your shoulder, like a pirate's parrot, with you throughout the challenge? Don't drop it!!
- Can you time your family members to see who can find the treasure the quickest?



Crab Grab

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Equipment:

- pillows
- socks



Skill Tip:

Remember to keep your bottom lifted from the floor the whole time. Hands must be flat on the floor.



How to play:

- Set out an obstacle course of cushions.
- At one end of the course place your balled socks.
- In a crab shape, hands and feet on the floor with tummy to the ceiling, walk in your shape around the cushions and collect one pair of socks.
- Put the balled socks on your tummy and balance them there as you move back to the start position.
- Repeat until you have collected all three pairs of balled socks.



Change it:

- Time yourself! Can you beat your time on the next go?
- Make your cushions closer together to make it trickier to move around.
- Can you add in other obstacles to go under and over, as well as around?
- Can you use a ball to balance on your tummy?
- Can you challenge a family member to race you?



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