

PE Activities for Home Schooling for Key Stage 1+2

The Dorset School Games Team are keen to help parents with activities and ideas to keep children active whilst at home, not only to keep them fit and healthy, but to provide activities where children have fun and learn through movement. [Use the links to navigate through the pages of this pdf.](#)

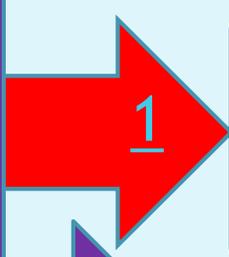
[IMPORTANT note for parents.](#) Please read [Parents Notes on page 16](#) before using this resource

This is the MENU PAGE to return here click the red arrow on the other pages

These are the 3 sections

Click on the section to access that section of the document.

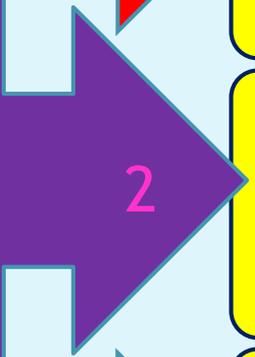
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[Section 1 - PE - Heart of Home Schooling](#)

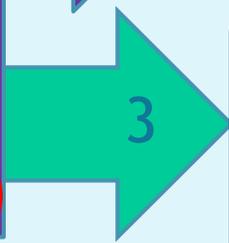
[Importance of PE and Activity](#)

- [School Games Organisers and their role](#)
- [Ukactivekids- movecrew](#)



[Section 2 - Practical ideas for PE at Home](#)

- [Daily Dose / Ideas for Each Day](#)
- [Videos and Games to play](#)
- [Learning in outcomes in PE](#)



[Section 3 - Further Resources](#)

- [Physical and Mental Wellbeing](#)
- [Lots of extra ideas and websites links](#)
- [Contact information](#)





Section 1 - PE - at the Heart of Home Schooling

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• Why is PE and Activity important

WE CAN...

- CHALLENGE OURSELVES DURING PHYSICAL ACTIVITY
- CELEBRATE PERSONAL OR PEER SUCCESSSES AND ACHIEVEMENTS
- CREATE INTERESTING AND CHALLENGING GAMES, ACTIVITIES AND DANCES
- Describe the benefits of regular exercise
- Demonstrate the acceptance of others skills and abilities
- ENGAGE IN PHYSICAL ACTIVITY AS AN OPPORTUNITY FOR SOCIAL AND GROUP INTERACTION

During these challenging times parents are being asked to home school their children.
 The government recommends that at least 60 minutes of the day is active.
 Using physical activity in learning can make it fun.
 This resource will give you lots of ideas how to develop physical literacy skills.

We can do all these
by working on physical literacy at home

PHYSICAL LITERACY

PHYSICAL LITERACY IS THE ABILITY TO MOVE YOUR BODY CONFIDENTLY DURING PHYSICAL ACTIVITY, MAKE HEALTHY LIFESTYLE CHOICES AND PERFORM A VARIETY OF SKILLS AT SCHOOL, HOME AND IN THE COMMUNITY

- CONFIDENCE AND COMPETENCE
- HEALTHY ACTIVE CHOICES
- AT SCHOOL HOME AND IN THE COMMUNITY
- WIDE RANGE OF PHYSICAL ACTIVITIES
- VARIETY OF MOVEMENT SKILLS

[change 4 life](#)

an active child is 50% more likely with an active parent

Regular Physical Activity Can Help Me...
STAY HEALTHY

[Click here to access lots of great ideas from Change 4 Life](#)

[Click here to access a great video to inspire you to include at least 60 minutes activity in your day](#)

[Video on the importance of activity and developing physical literacy](#)



Government redeploys School Games Organiser network to keep children active during Coronavirus

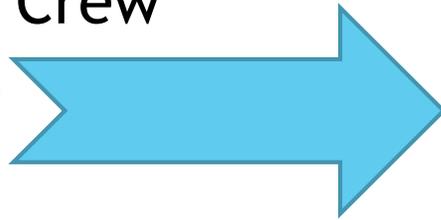
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The School Games Organiser Virtual programme, endorsed by the Department for Culture Media and Sport, Department of Health & Social Care and Department for Education, will:

- Provide daily inspiration and inclusive activities which will allow all children and young people to continue to access 60 active minutes of physical activity while social distancing is in place



To find out more about this
Move Crew
Click Here



Our Approach

Move Crew is a programme developed with the expertise of teachers and physical activity specialists, elite athletes, kids and coaches. Each mission is designed to help kids unlock their 60 minutes of daily recommended activity. So, join the #nikemovecrew



Section 2 - Practical ideas for PE at Home



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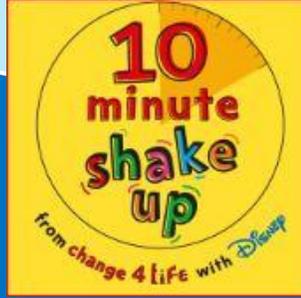


DORSET
SCHOOL
GAMES

- [Try A BBC Super Movers - Active English lesson](#)



Active Learning



Fun Fitness Activity

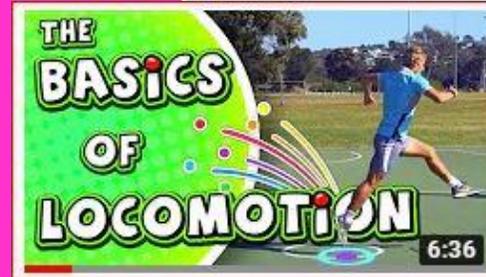
- [Try a Change 4 Life 10 minute shake up](#)



Monday

Game Activity

Movement Skills



- Practice basic movements and skills
 - [Video 1](#)
 - [Video 2](#)

UNO FITNESS CHART				
CARD	ACTION			
RED	Burpees			
BLUE	Star Jumps			
YELLOW	180 Degree Jumps			
GREEN	Squats			
Wild Draw 4	Wild	Draw Two	Skip	Reverse
Show this card before discarding as other players must collect 4 more cards (4 shuttles)		Show this card before discarding as other players must collect 1 more card		
Put this card back in discarded pile but player must draw 2 extra card for themselves (2 shuttles)		Skip to pile to discard this card - no exercise		
Run backwards to discard this card but pick up 1 extra card from pile				

- [Click here to access Uno game](#)

Regular Physical Activity Can Help Me...

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- [Enjoy a story whilst trying Yoga](#)



Active Learning

Or do a [Joe Wicks Workout](#)

- [Exercise for kids Video](#)



Fun Fitness Activity



Tuesday

Game Activity

Movement Skills

ACTIVITY SNAKES AND LADDERS

21 Go forward 4 spaces	22 Dance crazy for 22 secs	23 Go down the snake	24 Go down the snake	25 Sprint on spot x 25 seconds	26 Sprint on spot x 26 seconds	27 Go down the snake	28 Dance crazy for 28 secs	29 Go down the snake	30 ★
20 Star jumps x 20 secs	19 Sit ups x 19 secs	18 Go up the ladder	17 Go down the snake	16 Do 16 Star jumps	15 Go back 1 space	14 Sprint on spot x 14 secs	13 Dance crazy x 13 secs	12 Go back 1 space	11 Get up and an down x 11
1 Ready Steady Play	2 Go forward 1 space	3 Do 3 different stretches	4 Go up the ladder	5 Go forward 2 spaces	6 Do 6 squat jumps	7 Do 7 sit ups	8 Go up the ladder	9 Go up the ladder	10 Sprint on spot x 10 secs

- [Play Fitness Snakes and Ladders](#)



- [BBC Videos](#)
- [Lets get Active](#)

[To go to another day click on any hexagon above.](#)

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- [BBC videos](#)
- [KS1 Maths](#)
- [KS2 Maths](#)



Active Learning

Fun Fitness Activity

- [Home Pentathlon Challenge](#)
- [Video help](#)



Wednesday

Game Activity

Movement Skills

Design your own obstacle course. [See example](#)



[To go to another day click on any hexagon above.](#)

- [Play this online Jumanji Fitness game.](#)



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- Practice your **mental maths skills**. Design a target game with scoring zones of 6, 9, 14. Start game with 50 points. Missing target is minus 7.
- If you have a darts board this is even better for your maths skills!



Active Learning

Fun Fitness Activity

- Learn to skip and improve your fitness.
- [See video from a Sports Leader](#)
- Challenge yourself



Thursday



To go to another day click on any hexagon above.



Game Activity

Movement Skills



- Learn a dance and improve your mood.
- [Just Dance - Happy](#)
- [Happy Feet](#)
- [Fortnite dances](#)
- [Fortnite dances 2](#)

- [Play Fitness Ludo Board Game](#)

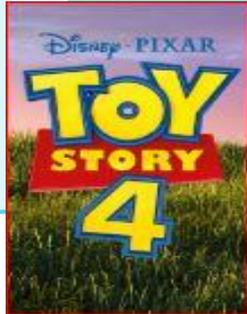
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- Play charades using verbs such as run,swim,kick, sprint, tackle, dance, serve, rally, squat, jump, skip, jog, slide.
- Make your list.



Active Learning



Game Activity

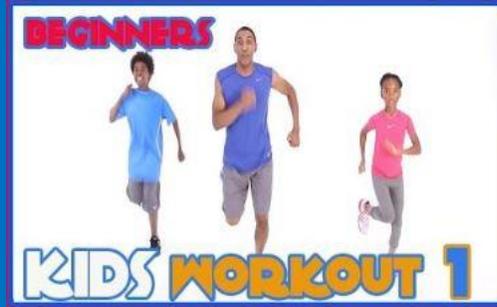
- [Find and Seek Game with Forky](#)
- [Race your partner with Inside Out](#)



Fun Fitness Activity

Choose a workout video !

- [Fun Workout Videos](#)



Friday

Movement Skills



- LTA tennis videos
- [Video 1](#)
- [Video 2](#)
- [Video 3](#)

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[To go to another day click on any hexagon above.](#)



- Go to google maps and plan a walk around your local area.
- Complete the walk and maybe jog every other lamppost.



Active Learning



Fun Fitness Activity



Choose a workout video



[Monday](#)

[Tuesday](#)

[Weekend](#)

Click on the day to access activities for that day

[Wednesday](#)

[Friday](#)

[Thursday](#)

[Weekend](#)

Game Activity



- [Play this catching game with you family](#)



Movement Skills

Ready Set Ride



[Resources for learning to ride a bike. Videos Ready Set Ride from British Cycling](#)

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ACTIVITY SNAKES AND LADDERS

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Parents could consider the learning outcomes of PE below when helping their children set up PE activities

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I USE A VARIETY OF SKILLS TO PARTICIPATE IN PHYSICAL ACTIVITIES

Locomotor Skills

Skills Like...

Running



Hopping



Jumping



Manipulative Skills

Skills Like...

Dribbling



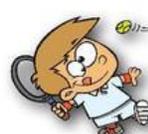
Kicking



Throwing & Catching



Striking



Stability Skills

Skills Like...

Balance



Body Support



Tumbling

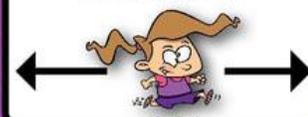


I KNOW AND USE MOVEMENT STRATEGIES IN GAME PLAY

Application Of Directions

Things Like...

Directions



Pathways



Levels



Spatial Awareness



Speed



I KNOW AND UNDERSTAND HOW TO GET AND STAY HEALTHY

Health Education

Things Like...

Nutrition



Disease Prevention



Personal Safety



I PLAY FAIR AND PUT FORTH MY BEST EFFORT

Follows Directions & Safety Rules

Things Like...

Following Game Directions



Being Safe



Works Well Independently, And With Others

Things Like...

In Control Of Body & Words



Taking Turns



Puts Forth Best Effort

Things Like...

Being Physically Active



Working Hard



Parents Notes

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When using this resource please remember

- Please supervise or aid your child with the activities - have fun with your child if you enjoy it, they will too!
- The website links are to recommended sites but they may link to Youtube which may occasionally play inappropriate adverts. The resource is therefore for you as a parent, not your child.
- The suggested activities are only ideas to help you. Any activities that works on the skills and expectations below will benefit your child.

I USE A VARIETY OF SKILLS TO PARTICIPATE IN PHYSICAL ACTIVITIES

Locomotor Skills
Skills Like...

Running Hopping Jumping

Manipulative Skills
Skills Like...

Dribbling Kicking Throwing & Catching Striking

Stability Skills
Skills Like...

Balance Body Support Tumbling

I PLAY FAIR AND PUT FORTH MY BEST EFFORT

Follows Directions & Safety Rules
Things Like...

Following Game Directions Being Safe

Works Well Independently, And With Others
Things Like...

In Control Of Body & Words Taking Turns

Puts Forth Best Effort
Things Like...

Being Physically Active Working Hard

Physical Education Expectations

BE PREPARED TO LEARN HAVE FUN

TRY YOUR BEST

BE POLITE AND RESPECTFUL Help Others and Cooperate

ATTEMPT NEW THINGS
DEMONSTRATE GREAT SPORTSMANSHIP

Pay Attention to Instruction Move Safely And In Control

Leave with a Smile

PHYSICAL EDUCATION HOMEWORK

ROLL ON PLAY BALL WITH FRIENDS CLIMB THINGS

CHASE & TAG BALANCE DREAM

WALK WITH A FRIEND SKATE

LEAD PLAY A SPORT SLEEP

GO & HAVE FUN OUT FUN explore

PLAY CATCH GET WET DANCE



DORSET SCHOOL GAMES