

# Milton Keynes North School Sport Partnership

## KS2

## Fun Fitness Festival



### Waiver

Please ensure that all users of the following resource prepare their own risk assessment and take responsibility for their own and any child's health and safety, this includes ensuring all equipment used is appropriate and safe for the age of the child participating.

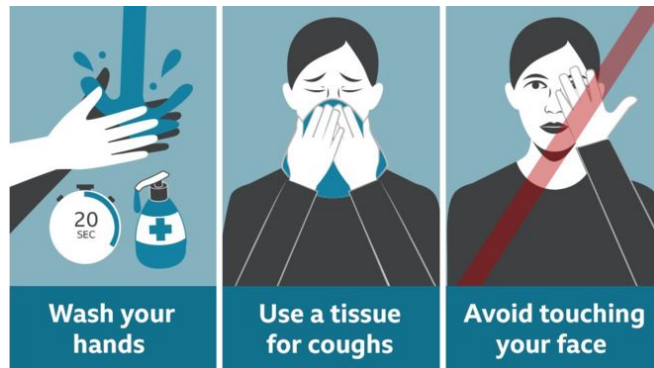
MKNSSP accepts no liability for damage or **injury** caused through inappropriate use of this resource.

Remember to follow Covid-19 guidelines at all times.

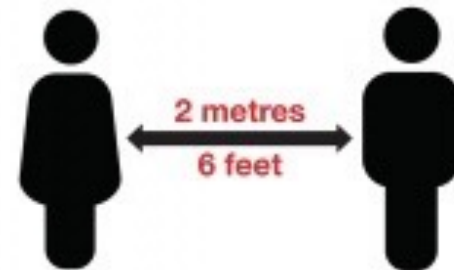
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## Covid-19 guidelines



Outside of your household:



Stay at least 2 metres (6 feet) away from other people



## PE Co Info

## Included in this pack

- 5 activity cards
- Pupil score card
- Class teacher score card

## Equipment needed

- Cones and Spots
- Stopwatch
- Pencils

**How to use this pack**

This Fun fitness festival is an opportunity for pupils to develop their own personal fitness. There are a number of ways you can use the results for both intra and inter school competition.

- The festival can be carried out during a PE lesson
- **Print off slides 3-10 for class teachers** – 5 activity cards and teacher scorecard and **multiple copies of slide 9 the pupil score card**
- Each activity is centrally timed by the teacher. See each activity card for timings.
- Pupils will perform 5 activities and record the result for each activity.
- Each pupil will then add up all scores to give a total score.
- Teachers to complete teacher scorecard to hand to the PE Co-ordinator with the top **3 boys and girls** combined total scores from their class

**Inter Competition** – MKSSP to collate results for all schools in MK

- Ask class teacher to fill in teacher score card that will record the top 3 boys and top 3 girls total scores in their class.
- PECO to then identify the overall top 3 boys and top 3 girls results across the year group to give a team score for that year group.
- Add up these 6 scores and submit your score for each year group on the Google form which can be accessed via the MK North School Games dashboard <https://www.yourschoolgames.com/sgo/mk-north/>

**Intra Competition** – Schools to collate their own results. Class v Class across a year group.

Best individual score for each activity across a class or year group

- ❖ Remember to keep a note of pupil names submitted to refer back to if needed for celebration evening



## Teacher Info

### Included in this pack

- 5 activity cards
- Pupil score card
- Class teacher score card

### Equipment needed

- 3 Cones and 2 Spots per pair
- Stopwatch
- Pencils

## How to use this pack

This Fun fitness festival is an opportunity for pupils to develop their own personal fitness. You can use the results for both intra and inter school competition. Speak with your PECO for more info.

- The festival can be carried out during a PE lesson
- Begin with a warm-up e.g. Traffic lights, Gears
- **Print off slides 3-10** – 5 activity cards and teacher scorecard and **multiple copies of slide 9 the pupil score card**
- Each activity is centrally timed by the teacher. See each activity card for timings.
- Pupils will perform 5 activities and record the result for each activity.
- Each pupil will then add up all scores to give a total combined score.
- Teachers to complete teacher scorecard to hand to PECO with the top 3 boys and top 3 girls total scores from the class.
- Allow pupils time to practice each activity and if time repeat activities to encourage pupils to improve their own personal score.
- Although scores will be collated by the PECO for competition purposes, emphasise to the children that this is a personal challenge and the challenge is against themselves to try and improve their score.

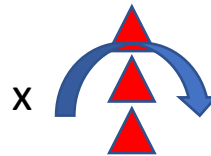


## Speed Bounce

Time for  
30 sec

## Organisation

- Work in pairs
- Place 3 cones together in a line
- Stand side on next to cones



## Equipment

- 3 cones per pair

## Scoring

One jump over  
equals 1 point.  
Only counts when  
both feet land  
together

## What to do

- Take it in turns
- First person stand side on to cones and jump over and back with 2 feet together.
- Partner to count how many times you jump over the line of cones in 30secs.
- You must land with 2 feet together for jump to count
- Record your score



## Front to Back

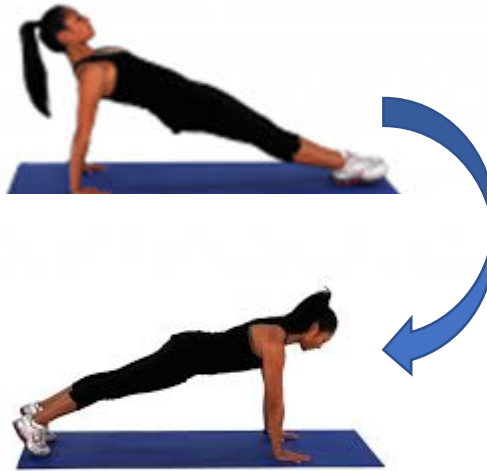
Time for  
30 sec

## Organisation

- Work in pairs
- Work in a space

## What to do

- Take it in turns
- Start in back support position and turn over into back support
- Keep legs straight and together
- MUST keep bottom off floor and body straight
- Record your score



## Equipment

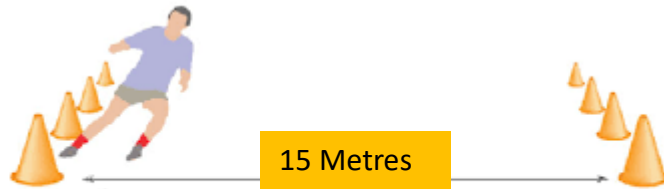
- 2 cones per pair

## Scoring

Every time you go  
into front support  
position count 1  
point

## Shuttle Run

Time for  
2 minutes



## Equipment

- 2 cones per pair

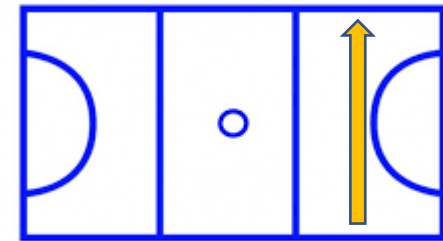
## Organisation

- Work in pairs
- Use the lines of a netball court across the width or place cones 15m apart

## What to do

- Take it in turns
- First person start behind line and run across to opposite line and back
- Partner to count how many laps can you do in 3 minutes
- At least one foot MUST touch the line each time
- Record your score

## Scoring



Once across equals 1 lap so  
1 point. Only completed  
laps count



## Walkouts

Time for  
2 minutes



## Equipment

- 2 spots per pair

## Scoring

Walkout to spot and back and jump equals 1 point. Only completed sequences count.

## Organisation

- Work in pairs
- Lie down and place one spot by your feet and one spot by your head.
- Distance between spots will be different for each pupil depending on height.

## What to do

- When it is your turn stand on first spot.
- Place hands on the floor and walk them forward to touch second spot with one hand
- Then walk hands back. Your feet **MUST** not leave their spot
- Do a straight jump. Then repeat.
- How many sequences can you do in 2 minutes?
- Record your score





## Reaction time

Time for  
1 minute

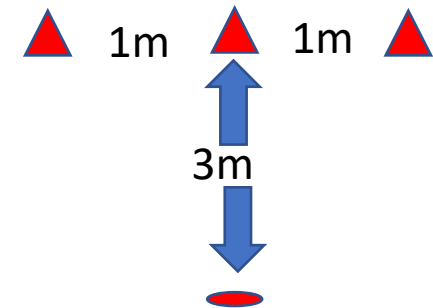


## Equipment

- 3 cones and 1 spot per pair

## Organisation

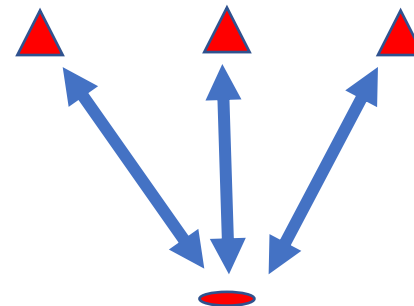
- Work in pairs
- Place down spot, measure 3 metres forward and place a cone
- Place another cone either side of central cone. 1m away



## What to do

- Take it in turns
- First person start on spot.
- Run out to each cone and back.
- Touch cone with one hand.
- Record your score

## Scoring



Run out to each  
cone and back to  
spot equals 1 point

Class:

Activity	Name:	Name:
Speed Bounce		
Front to Back		
Walkouts		
Shuttle Run		
Reaction Run		
Total Score		

Class:

Activity	Name:	Name:
Speed Bounce		
Front to Back		
Walkouts		
Shuttle Run		
Reaction Run		
Total Score		



- Write in your class name.
- Fill in the relevant year group.
- Record the names and results of the best **total score** for your top 3 boys and girls in your class.
- Hand your class result to your PE Co-ordinator

Class						
	Girls			Boys		
Year Group	1st	2nd	3rd	1st	2nd	3rd
3						
4						
5						
6						



- Fill in the relevant year group results.
- Record the results of the best **total score** for your top 3 boys and girls in the year group.
- Add up all 6 scores and add result in final column
- Submit your results via the google form on: <https://www.yourschoolgames.com/sgo/mk-north/>

	<b>Girls</b>			<b>Boys</b>			
<b>Year Group</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>Total</b>
<b>3</b>							
<b>4</b>							
<b>5</b>							
<b>6</b>							

