



'A lifelong love of learning;
a love of life.'

Dear families,

During this time, we want to provide support in all areas of the curriculum to make sure that everyone is staying as happy and as healthy as possible.

In a typical 5-day school week, your child will have 2 hours of PE lessons (learning skills and practising sports games) and 3 hours 20 minutes of playtime. Therefore, it is recommended that children should be doing 1 hour a day of physical activity. However, it does not always have to be sports based nor does it necessarily need equipment or planning. Physical activity is defined as anything that raises the heart rate. For example, physical activity can include: standing, walking, gardening, painting, helping complete the house work or climbing up and down the stairs.

It is really important that we are keeping our children as active as possible. Research shows that physical activity improves physical and mental health, makes our brains more alert to new information and it also increases the amount of time we can concentrate on a task.

Below are some ideas that have been put together by the WSSA (Worthing School Sports Association). There are activities/challenges that you can do with your children without needing specialist equipment. It also has some links to helpful websites that will have more ideas on how you can get your children moving. As an extension, children could set themselves their own challenges and record their progress to see how much they have improved in a particular skill over time.

One way of making sure your children stay active, is by joining Joe Wicks – The Body Coach – on YouTube for a live workout at 9am Monday-Friday. He has said that once the live has finished it will be added to his page, so if you miss it you can watch it later. The children have participated in his workouts at school before and have thoroughly enjoyed them.

Kind regards,

Jenny Rowlandson

PE subject lead

Home Challenges and Activities 1



Here are some ideas to help keep your children active whilst they are away from school. To support this, we will also be putting video clips of a selection of challenges on WSSA twitter account– please follow us WSSA_PE.

It would be great if you tagged us completing the challenge and also shared your ideas and challenges too we'd love to see what you're doing!

Thanks and take care,

Ali Groves

Activity	KS1	KS2	Challenges
Pulse raisers How many of these exercises can you do in 10/20/30/40 seconds? (you choose) 	KS1 – running on the spot, jumping jacks, spotty dogs, marching on the spot, fast feet on the spot, climb the rigging	KS2 – Marching on the spot, fast feet Shuttle runs, Star Jumps, climbing the rigging, squats...	Can you perform these exercises for a longer time up to 40 seconds? (you will need to rest in between) Can you think of your own pulse raiser challenge?
Agility Lay out 5 objects (e.g. socks) about a meter apart in a straight line. 	Run in and out of the objects and then back to the start as quickly as you can.	Can you run in and out as quickly as you can and then back again? Can you change/ create your own footwork patterns between the socks? Can you add other movements?	Can you time yourself Beat your time? Can you change the distance between the socks to make it easier or harder? Can you put other objects in your line that you can safely jump over (a pillow), go under (a chair) Can you create your very own obstacle course?

Balance Can you hold a balance for at least 3 seconds? On your stomach, back, shoulders 2 hands 1 foot 1 hand, 1 foot 	Can you hold a balance for at least 3 seconds? On your stomach, back, shoulders 2 hands 1 foot 1 hand, 1 foot	Can you hold a balance for at least 3 seconds? On your different body parts 2 hands 1 foot 1 hand, 1 foot Knees Knees and elbow?	What other body parts can you balance on? What shapes can you make? Can you hold the balance for longer? Can you create a balance with a partner? Can you safely balance on or against something?
Coordination Can you complete these coordination challenges? 	Can you tap your head and rub your stomach at the same time? Hop on your right /left leg? How many hops can you do? Can you do the hop scotch?	Perform a quick sidestep across a space. Can you do the grapevine /disco hips? To the right and left?	Can you perform it quicker? With smaller steps? Can you lead going to the right and then the left? Can you create your own footwork pattern? Don't forget to tag us!
Rats and Rabbits Stand back to back with another family member. Put a sock down about 5 m away from each person (in the direction they are facing) 	One person is a rat the other a rabbit. Ask someone else to call out either rat or rabbit. When your name is called run as fast as you can to your sock before your partner catches you.	One person is a rat the other a rabbit. Get someone else to call out either rat or rabbit. When your name is called run as fast as you can to your sock before your partner catches you.	How many times can you catch your partner? Can you change the distance you are running to? Can you start by sitting down back to back? Can you create your own simple chasing game?

Follow my leader Stand in a straight line one behind the other... 	The person in front is the leader they move about the space performing different actions/exercises e.g. hopping, jumping 2 feet to 2 feet, jumping high Everyone behind copies those actions. Change the person in front.	The person in front is the leader they move about the space performing different actions/exercises e.g. hopping, jumping 2 feet to 2 feet, jumping high Everyone behind copies those actions. Change the person in front.	Can you do some actions high and some low? Can you follow using a different pathway/pattern on the floor? How many people can you get to follow?
Circle Tag -4 people In 3's, make a circle and have one person (tagger) on the outside.	Keeping the circle in the same place (the circle can rotate but not move to another space) The tagger tries to touch a named person on the back. The catcher must go around the outside of the circle and not cut across the middle. The tagger has 10 seconds to catch their named person	Keeping the circle in the same place (the circle can rotate but not move to another space) The tagger tries to touch a named person on the back. The catcher must go around the outside of the circle and not cut across the middle. The tagger has 10 seconds to catch their named person	How quickly can you tag your named person? Can you include more people from your home? Less? Can you adapt this game to make your own circle tag game?

Using a skipping rope 	Lay the skipping rope on the ground in a straight line. Can you jump over it forwards and backwards? Side to side? How many can you do in 10 seconds? Can you beat your score? Can you change the shape of the rope and make some new patterns? If you haven't got a rope you can always use a line/pattern on the floor.	Can you skip forwards? Backwards? Skip using different foot patterns e.g. hopping Jump and turn the rope twice underneath you before landing?	Can you skip with someone else? Side by side? Facing the same way? Facing different directions? Another way?
Using a ball / bean bag /scrunched up socks! 	Can you throw and catch your object to yourself? How high can you throw it and still catch it? Can you toss it from one hand to the other? Can you throw the object into a bucket/bowl? Empty Ice-cream container Can you pass it from one foot to the other? Can you pass it around your waist? Can you set another challenge?	Can you throw the object in the air clap your hands and catch it again? How many times can you clap your hands and successfully catch it? Can you throw the object up in the air turn around and catch it? Can you set another challenge?	Can you throw and catch with a partner? As a family? How many catches can you make without dropping it? Can you throw and catch and move at the same time? Can you create a game?
Mini - Game Using a ball / bean bag/scrunched up socks!	Can you throw and catch the ball to yourself 3 times? Run to a spot and back Throw the object towards/into a target –empty	Throw and catch the object 3 times with your partner then try to score a point by aiming the object to touch them somewhere below the knee. Make sure you are in a good space.	Battleships 2v2 Mark out a playing area. Place 3 T Shirts opposite ends of the playing area. Aim of the game is to throw and catch with your

	box, bin, ice-cream container Start again. Can you create your own game?		team mate(s) then aim at one of the T shirts. If you hit the T shirt then you win it and put it behind your line ...you will then have 2 more T shirts to collect and the other team will have 4the game continues until you have collected all your opponents T shirts.
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Other links you may find useful to help keep your children active and healthy.

Link: <http://www.sflt.org.uk/gsp/welcome-greenacre-sports-partnership/active-at-home/>

Password: GreenCBook2020!

Healthy Futures <https://healthyfutures.us4.list-manage.com/subscribe?u=35a57192e9ec6a559eaaa6cf9&id=492f01d6de>

SucceedinPE - <https://online.succeedin.co.uk/public/index/638>

Imoves - <https://imoves.com/imovement-signup>

The Body Coach <https://www.youtube.com/playlist?list=PLyCLOPd4VxBuxu3sLztrvWFehzv-LnR2c>

BBC Super movers <https://www.bbc.co.uk/teach/supermovers>