

# Primary Survival Pack

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## Week 5

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## Learn it

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

## Move It

Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening

## Try It

School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity'.

# Learn it

This week is an opportunity for children to design and take part in their own fitness circuit.

The questioning and design process is just as important for them as the physical participation in the circuit.

Children can:

- Be creative when choosing their exercises.
- Consider what music is motivational for exercise and why.
- Explore which muscles or body parts the exercise is working

# Move It

This week we have three Physical Activity opportunities for you.

- Try something new whilst at home, choose one a day or try complete a few per day.
- Fancy a board game? Another twist on a favourite with new activities and some cut out counters too.
- Learn something new – Have you ever tried cheerleading? Lots of ideas to get you started.

# Try It

- Check out our next 3 personal best challenge cards.
- 1. Skipping
- 2. Socks in a Box
- 3. Speed Bounce
- Each card is a 60sec challenge for the young children to try their best or compete against a family member. Don't forget to look on the cards for ways to make the challenges easier or alternatives if you don't have the equipment at home.

# Learn It – PE

(can be adapted for different ages)

## Fun Fitness Circuit

This week work with your children to design, set up and take part in a fun fitness circuit. The discussion and questioning you use in the process is as important as the physical activity.

1. Discuss and agree what types of exercises you want to include (jumping jacks, running on the spot, squats etc. – see next slide for more ideas). Aim to choose between 4-6 different ideas. Try some moves to see how they feel.
2. Talk about what parts of the body you are using for that exercise (or for older children try to name the muscles)
3. Give the exercises a number so you know which order you are going to do them (with older children get them to think about the order of the exercises and why they might not want two similar exercises in a row).
4. Explain that music can help to motivate or encourage you to work hard when you exercise. Ask the children to decide which type of song will be best for that – a fast/lively song or a slow song? Agree a song that would be good for your work out.
5. Complete each exercise for between 20 – 40 seconds (shorter for younger ones). Have a 20 second rest before the next one. You could count and record the number of times you complete an exercise at each station. When you repeat the circuit try and match your first score.

### Feeling Flexible? PE Home Learning

Can you try your hardest on each station and ensure you do not give up?

**Time to Learn:**

- Layout five markers in a space around your area. These are your five flexibility circuit activities.
- **Station 1:** Perform ten extended tucks.
- **Station 2:** Perform ten roll and release.
- **Station 3:** Perform ten lunges.
- **Station 4:** Perform ten arches, holding each one for five seconds.
- **Station 5:** Perform ten extended leg raises.
- How many times can you repeat the circuit?

Perform five 'repetitions' on each station instead of ten.

Exercise for one minute at each station before moving to the next one.

Challenge other members of your family to complete the circuit with you.

**Top Tips**

Stretch Out!

- By stretching this will improve our flexibility.

Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

**Let's Reflect**

How do you think stretching will improve flexibility?

Why is being flexible important when playing sport?

Complete P.E. NORMAL LEAVES SUCCESS | YOUTH SPORT TRUST

# Learn It – Circuit Ideas

## Younger Children

- Choose different moves based on animals. E.g. bounce like a kangaroo, crawl like a bear, flap your wings like a bird.
- Each station could be action to tell a story e.g. marching on the spot to the orchard, reaching up to pick fruit, squats to duck under the trees etc.

## Older Children

- Consider moves such as jumping jacks, ladder climb, squats, sit ups, knee lifts, bicep curls holding a can of beans, lunges or leg raises.
- Ask your child to watch a Joe Wicks workout and identify some moves they enjoy. Encourage them to listen for the explanations for the exercise and any safety tips they should consider.

- Children could draw a picture for each station, so they remember what exercise comes next?
- Children could add muscle names or exercise names to their drawings to help them learn names/spellings.
- Try working out to different music – ask the children to consider which one encouraged them (motivates them) to work harder?
- Try repeating the circuit a few times in the week. Encourage children to have a rest day to allow their muscles to recover.



# Move It – Physical Activity

AT-HOME INDOOR ACTIVITIES  
FOR KIDS [WWW.KIDDO.EDU.AU](http://WWW.KIDDO.EDU.AU)



Hallway Soccer



Balloon taps – use your hand/feet/a broom



Dance party



Masking tape maze  
create & hop/jump/skip/run through it



Musical statues



Indoor obstacle course



Milk carton bowling



Spider web throw



Lucky dip – activity of the day



Activity stations  
Balance on one foot Throw & catch  
Walk balancing teddy on head



Catching challenges  
[www.kiddo.edu.au/promote](http://www.kiddo.edu.au/promote)



Sack races  
use your old pillow slips



Balance challenges



Roll a dice fitness fun



Have a go at the KIDDO Challenges catch/balance/jump



Make a mini golf course



Catch the magical creatures  
<https://kiddo.edu.au/activities/catch-magical-creatures>



Animal walks  
crab/bear/snake/kangaroo



Floor is lava



Indoor Skating  
wear paper plates or face cloths on feet and skate around wooden or carpet floors



Beanbag balances  
fill a sock with rice to make a beanbag



Balloon tennis



Sock basketball – use a bucket as a goal, how many goals can you get?



Musical chairs

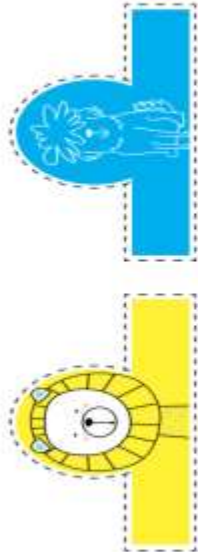


Make up your own dance routine

# Move It – Physical Activity

#Together

Cut out and make your own playing pieces:



Stay Active Staycation Survival Kit from YOUTH SPORT TRUST



**SPORTOPOLY**

- Choose an object as your playing piece.
- Roll the dice, move your piece and complete the task on the square you land on.
- The first player to collect 100 points OR complete two different sets of colours is the winner!

**THINK INC**  
Why not design your own Sportopoly Board to include different activities.

**Could players win bonus points by helping other players?**

Collect 4 points by your piece	How many balance on you toilet rolls	15 second water break	Throw an NBA target into 10 times	Name 2 NBA teams that begin with the letter C	Move forward 4 spaces	Perform 40 squats	15 second water break	Balance an object on your head for 30 seconds	Pass an object around your waist 25 times	
Perform a safe pencil roll	Name 2 NFL teams that begin with the letter T	Perform 30 push ups	Move forward 4 spaces	Perform a safe forward roll	15 second water break	Perform 3 different types of jumps	Move forward 4 spaces	Keep a balloon in the air for 60 seconds	Jump forwards and backwards over a yellow line 20 times	Perform a 1 foot to 2 feet jump
Perform 40 star jumps	Name 2 male and 2 female tennis players in 40 seconds	Balance on 1 leg for 60 seconds	Perform 30 sit ups	Move forward 4 spaces	Jump side to side over a pillow 40 times	Perform a 2 foot to 1 foot jump	15 second water break	Create and perform a 2 minute dance routine		



# Move It – Physical Activity

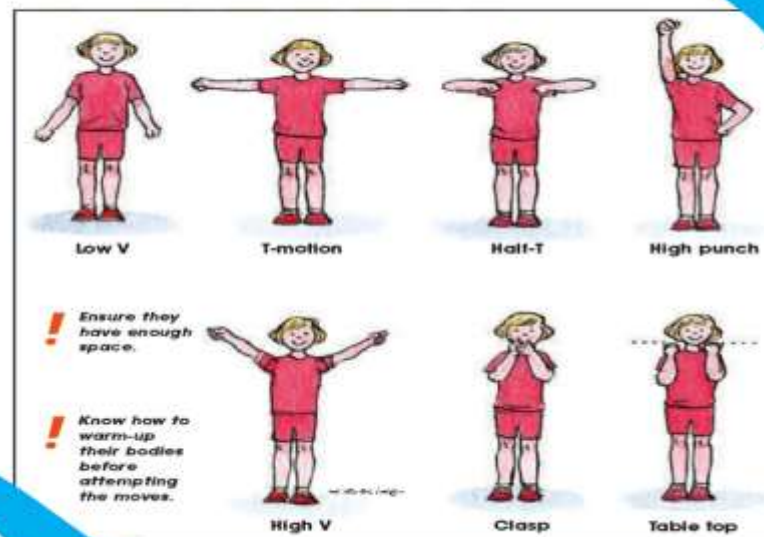
Stay Active Staycation  
Survival Kit from



#Together

## CHEERLEADING

Have a go at these cheerleading motions and chants.



### Cheer motions

There are 7 basic cheerleading motions and once you know them, you can quickly build them into a routine that you can set to music.

Just remember to clench your hands to make fists and keep your arms and wrists straight.



! For safety reasons balancing moves should always be done on dry flat grass or mats

### Cheer chants

You can set your routines to music. Try including your chants and rhyming words.

Why not create your own routine and chant starting with

*"1 - 2 - 3 - 4, let me hear you stomp the floor!"*

You can include balancing moves.

Why not form a cheer team with your friends and put on a show?

### THINK INC

Why not try making your own pom poms? Just cut old plastic bags into strips and then tie in the middle with string or sticky tape.



































# Try It – Competition & Challenge




**60 Second Challenge Activity Tracking Sheet**

Tick the boxes when you achieve Gold, Silver and Bronze?

Can you keep working hard to achieve Gold, Silver and Bronze?

Name: \_\_\_\_\_

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## 60 Second Challenge – Score Card

- Use this to record your score
- Remember these challenges are Personal Best
- Results will not be used for anything other than your personal achievement.
- Have Fun, Enjoy and be the best you can be.

Thank you

Stockton SSP Team

# Try It – Competition & Challenge



## Skipping 60 Second Challenge

Do you keep trying even when you want to give up?

How many times can you skip in 60 seconds?



Both feet must land over the rope for the skip to count.

**Use a skipping rope**  
If you do not have a rope, don't worry, you can jump on the spot!

**Set a Record!**  
The most skips in lockdown was 121. Can you set a new skipping record?

**Three's a crowd!**  
Two people hold/turn the rope and one person skips. How many skips can you complete?

**Achieve Gold**

70 skips



**Achieve Silver**

50 skips



**Achieve Bronze**

30 skips



## Socks in the Box 60 Second Challenge

Can you keep trying even if you struggle to match up a pair of socks?

How many socks can you pair up and put in the box in 60 seconds?



Place unpaired socks five steps away from a box. Players run, match up a pair of socks and place them in the box.

**You need lots of socks and a box!**  
If you do not have a box use a bowl.

Make it easier by increasing the time and reducing the distance.

Compete against someone else to see who pairs the most socks in 60 seconds. Put some odd socks in to make it harder!

**Achieve Gold**

20 pairs of socks



**Achieve Silver**

15 pairs of socks



**Achieve Bronze**

10 pairs of socks



## Speed Bounce 60 Second Challenge

Are you honest and only count the jumps that are completed properly?

How many times can you bounce over a pillow in 60 seconds?



Both feet must land over the pillow for the jump to count.

**Jump over a pillow!**  
If you do not have a pillow, jump over a safe object!

**Set a Record!**  
The most bounces in lockdown was 99. Can you set a new speed bounce record?

**Compete against a family member!**  
If you touch the pillow you must stop bouncing.

**Achieve Gold**

70 bounces



**Achieve Silver**

50 bounces



**Achieve Bronze**

30 bounces



# Weekly Live Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Am	Am	Am	Am	Am	Am	Am
9am till 10am Joe Wicks Family Fitness <a href="https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt">https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt</a>	10:30am till 11am YST Healthy Movers (EYFS & Year1) <a href="https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g">https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g</a>	9am till 10am Joe Wicks Family Fitness <a href="https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt">https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt</a>	10:30am till 11am YST Healthy Movers (EYFS & Year 1) <a href="https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g">https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g</a>	9am till 10am Joe Wicks Family Fitness <a href="https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt">https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt</a>		England Rugby Weekly Rugby Skill & Fitness Sessions  Mini & Juniors Age 7-17  <a href="https://www.youtube.com/playlist?list=PLcSP18b0KfWMIWu1fevCT0yM5I8CQ5Yp">https://www.youtube.com/playlist?list=PLcSP18b0KfWMIWu1fevCT0yM5I8CQ5Yp</a>
Pm	Pm	Pm	Pm	Pm	Pm	Pm
	5pm YST After School Sport Clubs <a href="https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g">https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g</a>	2pm till 2:45pm Chance to Shine Cricket Coaching <a href="https://www.youtube.com/results?search_query=chance+to+shine+live">https://www.youtube.com/results?search_query=chance+to+shine+live</a>	5pm YST After School Sport Clubs <a href="https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g">https://www.youtube.com/channel/UCJerWsSJeAsbd1kY79oRm7g</a>			



# Social media – Links of the Week

1 Fun filled short bursts of Disney favourites

<https://www.nhs.uk/change4life/activities/indoor-activities>

2 Dance along with the KIDZ BOP

Kids! [https://www.youtube.com/c/kidzbop\\_uk/videos?app=desktop](https://www.youtube.com/c/kidzbop_uk/videos?app=desktop)

3 Couch to family fit 4wk exercise programme

<https://www.youtube.com/watch?v=EOo19XDVbsM&list=PLzyGqy4hi5yAlrtkfbdVrbF-DVikPa9uX>

4 Free fitness App with Nike for the whole family <https://www.nike.com/gb/ntc-app>