

MR RICHARDSON'S HOME P.E. CHALLENGES





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@PEatHome1



EYFS

Bright ideas

- Make a den!
Can you put some pillows or cushions inside to make it cosy and then read your favourite book in your den?
- Play Hide and Seek
You will need someone to play with. Try this inside your home or in a safe outside space. How quickly can you run and hide?
- Play 'Sock Tag'.
You will need someone to play with. Choose your favourite sock and tuck it in the back of your waistband (like a tail). Chase each other around. If you can grab the other person's sock (tail) then you are the winner!

KS1

Bright ideas

- Make a Campsite!
You can do this inside or outside. Use a tent if you have one or you can make your own with chairs, clothes racks and blankets. Can you design a campfire from cardboard boxes and coloured paper? Enjoy some treats and sing campfire songs!
- Treasure Hunt
Ask a family member to play with you. Make 5 cards with items to be found indoors and 5 to be found outdoors. Ideas could be 'something pink' '7 socks' 'a green and a brown leaf.'
- 100 a day challenge
Can you come up with a different 100 challenge each day of half term for you and your family? 100 catches, 100 step ups, 100 dance moves – you choose!

KS2

Bright ideas

- Scavenger Hunt.
You will need a VERY small box, (matchbox size or similar). How many different objects can you find to put in your box around your home or outside? Challenge your family. Who can find the most?
- Paper Aeroplane Throw.
Design and make a paper aeroplane. How far can you throw it? Challenge your family to a paper aeroplane throwing competition.
- Floor is Lava!
Imagine the floor is made from lava! Can you find ways of crossing the floor without actually touching it? Can you do this inside and outside? Be careful – do this safely!

KS3

Bright ideas

- Can you create your own dance and pair it with some of your favourite music?
- Can you design a new game with 3 pieces of equipment that you can find in your house?
- Can you design a fitness session for your family?

KS4

Bright ideas

- Who is your favourite sportsman/woman? Can you devise a practice that might help them improve in their sport?
- Challenge the members of your family to an athletics competition. Who can jump the furthest? Who can run 10 metres the fastest? Who can throw a ball the furthest?
- Can you create a new game with a bat and a ball and play it with your family?

PE at Home

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PE at Home – ATHLETICS - JUMPS



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EXPLORE



Find a safe space.
How many different animals do you know that jump, hop or leap?



Bright ideas:

Try out lots of different ways of hopping, jumping and leaping in your space.




Can you add some jumping music to make this more fun?

PRACTICE

Find 10 small soft objects
You can use your toys to help you!

Jump OVER them.
Jump AROUND them.
Jump BEHIND them.
Jump IN FRONT of them.

Tell your family which jumps you like best.
Can you say why?




DEVELOP



Time to work on landing without any wobbles!

Put down a small square of paper – make sure it won't slip!

Jump ONTO your paper.
Jump OFF your paper.

Top Tips for wobble free landings

Land feet apart
Bend your knees
Stretch arms out in front
Keep your head up
Look straight ahead.

Communication and Language

Find out how to play 'Simon Says'

Play this with your family using the animals we thought about when you explored your jumping.

Simon Says "jump like a frog"
Simon Says "hop like a grasshopper"

What other 'Simon Says' can you come up with together?

Understanding the World

Did you know this about kangaroos?

- * They can hop quickly on 2 legs, and they can walk slowly on 4 legs.
- * They can't walk backwards.
- * They can swim!

Can you find out where kangaroos live and any other fun facts about them?

Parent's Tip!

Allow your child to explore lots of different ways of jumping, hopping and leaping. Encourage them to be creative!



Where can I go to take part in more athletics?

<https://clubhubuk.co.uk/clubs/rowheath-athletics-club/>
<https://www.birchfieldharriers.com/>
<https://rscac.co.uk/>





Make sure you have enough room to complete the tasks!

EYFS

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EXPLORE



You'll need a ball or you can use a small soft toy, or a pair of rolled up socks.

Bright ideas:

- Can you roll your 'ball' along the floor using different parts of your body? Try using your foot, hand, knee, elbow or nose! What other body parts could you use?

Sit on the floor with your ball.

- Can you roll it down different parts of your body – your legs, arms or your back maybe?

- Now can you roll your ball under your body and through your legs? Could you do this standing up?

Keep looking at the ball as you explore these skills.

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Where can I find out more about Cricket?

<http://moseleycc.co.uk/>

<https://suttoncoldfieldcricketclub.weebly.com/>

<https://walmleysportsclub.co.uk/>

PRACTICE

Now try using your hand to roll the ball into a space in front of you. Chase after it and pick it up. Try doing this over a short distance and then over a longer distance.



Ask someone to help you now. Could you roll your ball to them so they can stop it and pick it up?

Expressive Arts and Design

Some people at cricket matches play musical instruments to make an exciting atmosphere.

Can you make your own musical instrument at home? A simple way is to fill an empty bottle with some grains of rice. You don't have to use rice – anything small that makes a great sound when shaken is fine. Or use an empty container or box as a drum. You can tap rhythms with your hands or use a spoon!

What sounds can you make?
Can you shake or tap along to your favourite songs?

Personal, Social and Emotional Development

Talk to someone in your home about which activity you really enjoyed. Can you say why you enjoyed it?

Talk about which activity you thought you were good at, and say why.

Then talk about other activities that you think you are brilliant at doing!



Make sure you have enough safe space to complete the tasks!

DEVELOP



Roll-a-Ball Skittles

You will need to find 6 more objects for this activity. Empty plastic bottles, milk cartons or cardboard tubes are perfect but anything tall and narrow will work.

Arrange your 'skittles' into a small group and stand a short distance away.

Roll your ball at your skittles. How many can you hit or knock down with your ball? Count each skittle that you knock down or hit.

Stand further away if you knock them all down. Challenge someone to play a game with you.



Parent's Tip!

Encourage your child to be creative in the 'explore' task. Allow them to be confident handling and moving the ball.

Help your child to roll accurately at the skittles by looking at the target, bending their knees and standing slightly sideways on. Swing their arm so that it ends up pointing at the target.

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EXPLORE



We are going on an animal adventure to explore moving our bodies in the way some animals do.

Bright ideas:

Can you move your body in the following ways?:

- **Stomp** heavily like elephants.
- **Waddle** quickly like penguins.
- **Crawl** slowly like crocodiles.
- **Pounce** carefully like cats.
- **Run** lightly like mice.



What other animals can you name?

Think about how that animal might move and see if you can move your body in the same way.

Can you describe how your body is moving?

Watch some animals moving to help with your ideas:

<https://www.youtube.com/watch?v=zV8pc4jevq4>
https://www.youtube.com/watch?v=3A9Dqdy66_w
<https://www.youtube.com/watch?v=qymw-EjsPK>

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Where can I find out more about Dance?

<https://www.dancexchange.org.uk/>
<https://www.stepsdance.co.uk/>
<https://www.facebook.com/DebonairDanceAcademy/>

PRACTICE

Choose your favourite animal actions and practise them.

Imagine you are going on an animal journey – can you change from moving your body like one animal, to another.

Show your actions to someone in your family – can they guess which animal you are moving like?



Mathematics - Number

Count the legs on each animal below. Write down the number of legs for each animal.

Count the total number of legs for all of the animals. Write down the number.



Can you write out numbers from 1 – 20?



Make sure you have enough room to complete the tasks.

DEVELOP



Music helps us to express how we move or how we feel when we dance.

Choose some FAST music and perform your animal actions again. Listen carefully to the music and use it to help you move quickly.

Now choose some SLOW music and perform your animal actions. Listen carefully again and use it to help you move slowly.

Which dance did you like performing best – your fast one or your slow one? Can you say why?



Watch this video of the Zebra dance from 'Still Life at the Penguin Café' choreographed by David Bintley. Look at how the music helps the dancer to dance like a zebra.

<https://www.youtube.com/watch?v=UVEUrtGkwOU>

Understanding The World

If you could have any animal as a pet, what animal would you choose?

Draw a picture of your animal pet, and all of the things you would need to look after it.

Talk to your family about how you would care for your pet.



Parent's Tip!

- Remember that we are not 'pretending' to be the different animals.
- Encourage your child to move their bodies using movement words like waddle, stomp, or crawl.
- Talk to your child about how their body feels when performing the same actions to different types of music.

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PE at Home – FOOTBALL

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EXPLORE

You will need a ball if you have one. What could you improvise with if you haven't?

Bright ideas:

Can you make the ball move using different parts of your feet?
Try making the ball move with the:

- Inside of your foot
- Outside of your foot
- Top of your foot
- Heel of your foot

Try using one foot, then the other foot.

Can you use the different parts of your foot to stop the ball if someone rolls it towards you?

How about the other parts of your leg? Can you bounce the ball off your thigh? Can you keep the ball up in the air using your feet and legs?

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PRACTICE

Kicking the Ball

Practise kicking the ball with more accuracy now.

Which foot is better to use?

Can you kick the ball a short distance?

Can you kick the ball a long distance?
How far can you kick the ball?

Can you kick the ball to someone standing opposite you so that it goes near to them and they can stop it?

Expressive Arts and Design

Ask someone to copy this drawing of a football shirt onto some paper.

Think about the colours that you would use to design a football shirt.
Create your design – could you use coloured pencils, felt tip pens, paints or a collage using different materials?

DEVELOP

Choose 3 of your favourite toys.

Line them up a short distance in front of you.
Kick the ball towards your toys.
Can you kick it so that it reaches each toy?
Now can you try kicking it a little harder so that it knocks your toy over?

Put your toys on the ground in front of you at different distances away. Kick the ball towards each toy. Give yourself 1 point for hitting the closest toy, 2 points for the middle toy and 3 points for the toy furthest away.
Kick the ball 10 times. How many points can you score?

Challenge someone in your family to play this game with you. Who can score the most points?

Mathematics - Number

These football shirts are all muddled up.
Can you put them into the right order?

5	1	8	4	10
2	7	3	6	9

Parent's Tip!

Encourage your child to spend lots of time exploring using different parts of their feet to kick the ball.
Encourage them to look at the ball as they kick it, stand behind the ball and slightly to the side and swing their leg back and through to make contact with the middle of the ball.

Make sure you have enough room to safely complete the tasks.

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PE at Home – GYMNASTICS



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EXPLORE



You just need a safe space away from any obstacles.

Bright ideas:
Use your body to make:

- A tall, narrow shape
- A wide shape
- A curved shape
- A small, curled shape
- A twisted shape

Now use your body to make:

- A tall, twisted shape
- A wide, curled shape
- A small, twisted shape

Can you remember your shapes and show them to someone in your family?

Can you make your shapes without wobbling?

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PRACTICE

Now try making your shapes:

- Standing up
- Sitting down
- Lying down

Can you make a shape where your arms are twisted but your legs are straight?
How about twisted legs and curved arms?





Communication and Language

'We're Going on a Shape Hunt'

We all know the story and rhyme for 'We're Going on a Bear Hunt' by Michael Rosen

Can you make up some new words for 'We're Going on a Shape Hunt'?

How about this to start?:
'We're going on a shape hunt'
'We're going to find some flat ones'
'What a brilliant day'
'We're all prepared'
'UH OH ... stairs... tall, steep stairs'
'We can't go OVER them, we can't go UNDER them, we've got to go UP them'
'STOMP.... STOMP...STOMP....STOMP'

Can you make up the rest?

Mathematics:
Shape and Space
2d shapes

'We're Going on a Shape Hunt'

Look all around your house.
How many different squares, rectangles, circles and triangles can you find?



DEVELOP

Shape Musical Statues

Practice a few of your shapes so that you can perform them without wobbling.

Choose your favourite piece of music.

Dance about when the music plays and when it stops.... perform one of your shapes – make sure you are as still as a statue.
Can your family guess what sort of shape you have made?

Now can you all play shape musical statues together. Who can make the stillest shape statue?

Parent's Tip!

Encourage your child to be really creative with their shapes.

Help them to be wobble free by:
Keeping their head still and eyes up.
Squeezing their muscles to make the shapes strong.



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Make sure you have enough safe space to complete the tasks!

MR RICHARDSON'S HOME P.E. CHALLENGES



PE at Home – OUTDOOR AND ADVENTUROUS ACTIVITIES

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EXPLORE



You are going on a 'colour hunt' around your home. How many colours do you know?

Bright ideas:

- Look in your bedroom – how many different colours can you find?
- Go to all of the different rooms and spaces inside and outside your home to look for lots of different colours.
- Which colour can you find the most of?
- Which is the most colourful room or place?

How quickly can you do this? Be careful – do this safely!

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@SarahLayPE

Where can I find out more about OAA?

<https://www.britishorienteering.org.uk/eoorienteering>

<https://www.ackers-adventure.co.uk/>

<http://www.cobpc.org.uk/>

PRACTICE

Choose your 5 favourite colours.
Write down the colour names or draw a blob for each colour.

Now see how quickly you can find 5 objects for each colour. Can you put a ✓ each time you find something?

How quickly can you do this?



Expressive Arts and Design

Bring all of your colours in nature back home and use them to make a wonderful colours in nature picture.

Could you put it in your window to cheer everyone up?



Understanding the World Colours in Nature

Find a safe place outside.

Take a small container with you.
How many colours in nature can you see?
Can you name everything that you find?

Can you gather lots of small examples of colours in nature?



Make sure you have enough safe space to complete the tasks!

DEVELOP



Now you are going on a 'rainbow hunt' Choose 6 colours and make a bingo card like the one below.

Go for a walk around your local area looking for rainbows in the windows of houses.

When you find one – look at the colour of the front door and if it matches a colour on your 'bingo card' tick it off.



How quickly can you tick off all of your colours?



Parent's Tip!

If it is safe to do so, challenge your child to travel in different ways on their 'colour hunts'

Encourage them to be creative – jump, hop, skip, jog, wriggle!!

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EXPLORE

In sitting volleyball, you move about in a sitting position on the floor.



Bright ideas:

Sit on your bottom and have a go at moving across the floor in the following ways:

- Moving forwards
- Moving backwards
- Moving sideways
- Moving diagonally
- Moving in a straight line
- Moving in a zig zag

Now can you try moving without using your hands to help you?



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Where can I find out more about sitting volleyball?

<https://www.visionssportsacademy.com/>

http://www.volleyballengland.org/getintovolleyball/sitting_volleyball_centres

PRACTICE

You will need a balloon, or a beach ball. A screwed up piece of paper will do if you don't have these.

Sit on your bottom and see if you can hit the balloon up into the air and keep hitting it up without it landing on the floor.



Count out loud. How many times can you hit the balloon up?

You might need to move about on your bottom to reach the balloon.

Physical Development – Health and Self Care



Talk about how your body feels when you are exercising.

Can you draw a picture of yourself ready to do some exercise? What might you be wearing?



Mathematics – Shape, Space and Measure

Morteza Mehrzad plays sitting volleyball and is the tallest Paralympian ever, at 2.46 m tall.

Who is the tallest person in your family? Can you get your family to stand in a line from tallest to shortest?

Choose 3 toys and line them up from tallest to shortest too.



You will need a ball or a pair of rolled up socks.

Sit on your bottom again. Can you throw the ball up into the air from your sitting position and catch it again in your lap?

Now ask someone to help you. Try throwing your ball from your sitting position to someone in your family.

Try it with them sitting close to you and then ask them to move further away. Can you still throw it to them accurately?



Parent's Tip!

Your child could try the throwing activities sitting on their knees if they find it difficult. Encourage your child to look at the balloon or ball when completing the activities.



Make sure you have enough room to complete the tasks.

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PE at Home – SITTING VOLLEYBALL

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EXPLORE

You are going to practice your skills to be brilliant ball boys and ball girls!

You will need 5 small soft objects – you can use small toys, rolled up socks or screwed up paper. You will also need 5 small pieces of paper.



Bright ideas:

Spread your objects out on one side of your playing space, and spread your paper out on the opposite side.

- Can you quickly pick up an object and move to put it onto a piece of paper? Do this for all 5 objects.
- Try moving the objects and paper further apart.
- Try putting the objects in a line first. How else could you arrange your objects?

*How quickly can you do this?
Be careful – do this safely!*

PRACTICE

Ball boy and ball girl rolling

You will need your 5 soft objects again for this practice, and something to use as a big target – you can use anything that will lie flat on the floor!

Roll or slide your objects across the floor and try and land them onto your target.

Can you land all 5 on your target?

Stand further away if that is too easy!



DEVELOP

Ball boys and ball girls sometimes need to throw the tennis ball back to the players.

In this challenge, can you throw your objects onto your target?
Can you make your target smaller?

Find someone in your family to help you and make up a fun game for throwing at your target? Could you find a way to score points?

Challenge your family to a game!



Parent's Tip!

Encourage your child to explore different ways to roll and throw first.

As they improve, help them to look at the target, bend their knees slightly, stand slightly side on and swing their arm slowly and steadily.

Mathematics - Number

Can you practice your counting out loud as you improve your ball boy and ball girl rolling and throwing skills this week.



Step Challenge – A tennis court is almost 70 metres all the way around. Can you complete this many steps today?

Physical Development – Health and Self Care

Ball boys and ball girls need to keep themselves super healthy.

What healthy foods would you need to eat to be a brilliant ball boy or ball girl?

With your family could you make a delicious healthy meal to eat as you practice your ball boy and ball girl skills this week?



Make sure you have enough safe space to complete the tasks!

PE at Home – TENNIS

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Where can I find out more about Tennis?

<https://clubspark.lta.org.uk/HolfordDriveTennisClub>

<https://clubspark.lta.org.uk/CannonHillPark/>

<https://www.lta.org.uk/play-compete/lta-youth/tennis-for-kids/>

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MR RICHARDSON'S HOME P.E. CHALLENGES



PE at Home – ULTIMATE FRISBEE

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EXPLORE



You can use a Frisbee (disc), a paper plate (upside down flies best), or any circular container lid.

Bright ideas:

Getting the disc to fly!

Explore lots of different ways to get your disc to fly through the air.

Does it work best using two hands to throw it or one hand?

Keep trying with one hand. Can you get your disc to fly in a straight line?

See how far you can get your disc to fly.

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@SarahLayPE

Where can I find out more about Ultimate Frisbee?

<http://www.birminghamultimate.co.uk/>

<https://www.ukultimate.com/>

<https://birmingham.ultimatecentral.com/>

PRACTICE

Choose a favourite toy to help you with this activity.

Stand sideways
Hold your disc in one hand, and make sure it is flat.

Throw your disc and see how far you can get it to go. Take your toy and put it next to where the disc landed.

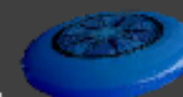
Now go back to where you started from and try again. Can you get your disc to fly past your toy?



Personal, Social and Emotional Development.

When you play a game of Ultimate Frisbee there are no referees so it is important that everyone knows the rules.

Make up some rules for the game that you played in the 'develop' activity. Can you explain the rules and why it is important that everyone follows them?



DEVELOP

You will need your disc and favourite toy again.

In this activity you are going to practice throwing your disc towards a target (your favourite toy).

Put your toy on the ground a few steps in front of you.

Can you get your disc to land on, or knock over your toy?

Try moving your toy further away from you if you can.

Challenge someone in your family to play this game with you. Score one point for each time you land your disc on your toy.



Mathematics - Shape, Space and Measures

An Ultimate Frisbee pitch is made up of different sizes of rectangles. Can you spot them?



Have a look around your home for lots of other rectangles.

What is the biggest one you can find? What is the smallest one?



Make sure you have enough room to safely complete the tasks.

Parent's Tip!

Encourage your child to spend lots of time exploring how to get the disc to fly.

Once they become confident, you can help them to get into the correct body shape; standing sideways on, holding the disc flat and flicking the arm out straight in front.

EYFS