



## Home Learning Activity for PE.



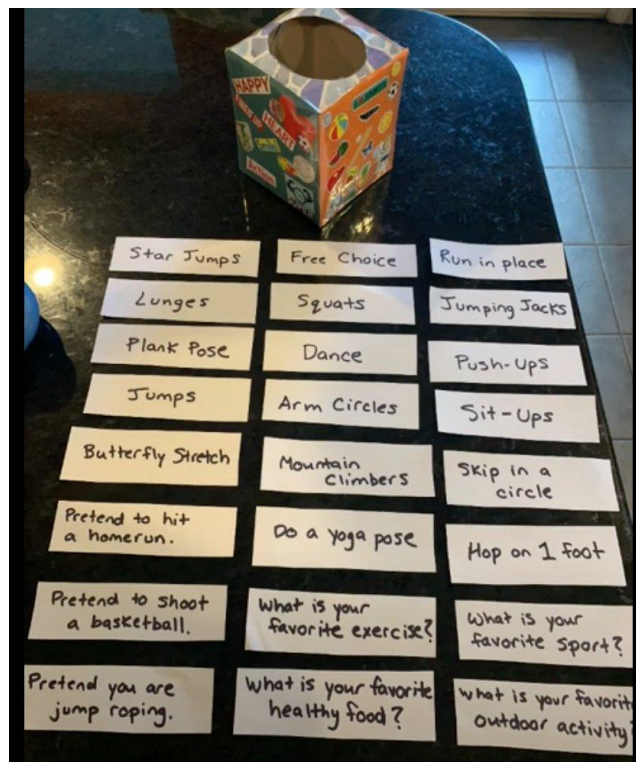
Welcome to this short home learning PE activity which can be used for all age groups (with some differentiation of activities used.)

Let's call it – **In the Box!**

We are going to create a mystery exercise box to help us keep active while away from school.

- Firstly find a tissue/shoe box or any type of box and decorate it in any way you would like. Maybe you could use colourful wrapping paper, magazine clippings, stickers, your own drawings and what about if could they be about PE and sport.
- Now on bits of paper or small cards you can write down exercises and/or actions and activities which can go inside the box.
- You could also include some questions such as "What is your favourite sport, PE lesson, healthy food?"
- At the bottom of the page are a couple of ideas for each class to help you but I am sure you can think of lots of ideas. Think back to your PE lessons and activities we have enjoyed.
- Once these are done you can shake up the box and pick out a slip of paper to see what it says! Now do it!

Here is an example for you



- Spend some time each day using your box to keep active! Well done!



## **In the Box Ideas**



### **Explorers**

- Throw and catch a ball or use a pair of rolled up socks.
- Balance a pair of rolled up socks on different parts of your body.
- Walk with a pair of rolled up socks on your head.
- Bounce and catch a ball.
- Move like a... crab, rabbit, frog, elephant. Can you think of anymore?
- Roll a ball towards a target (empty milk cartons work well as skittles.)
- Chase some bubbles.

### **Pathfinders**

- Visit Cosmic Kids Yoga on You Tube (with parental permission) and complete an exciting yoga adventure.
- Jump forwards, backwards, sideways over a line.
- Skip! Keep practising.
- Dribble a football. Use both feet!
- March on the spot for 1 minute. Knees high, arms swinging.
- Play a game with a balloon. Keep it in the air for as long as you can.
- Create your own game and play it.

### **Adventurers**

- Dance to your favourite song. Make up some dance steps.
- Visit Cosmic Kids Yoga on You Tube (with parental permission) and complete an exciting yoga adventure.
- Think of 5 different activities to raise your heart rate.
- Use your body to make the shape of a letter. Can you make every letter in the alphabet?
- Roll up a pair of socks or use a ball. How many times can you throw them into a bucket? Beat your best score.
- Design & make an obstacle course at home.

### **Navigators**

- How long can you bounce a ball on a racket for? Keep trying to improve your score.
- Bounce & catch a ball as many times as you can in 1 minute. Now try and "Beat Your Best!"
- Plan an athletics lesson for your class – how could we run, jump & throw?
- Design a healthy meal for a sportsman or woman.
- Use the Super Movers (BBC) website. Ask an adult to use the internet first.
- Plan a fitness lesson and try out the activities.



Have fun!  
*Mrs Goldsmith*

