

SPRING TERM HOME PE - Year 1

BOTTLE BOWLING

Throwing & target skills

Equipment: Empty plastic bottle or similar for targets, and socks

How to play:

Set up the bottles or objects similar to a ten-pin bowling game.

Create a line from which you must stay behind.

Using a rolled up pair of socks, under-arm throw them to hit the bottles/objects over.

Each round you get two throws. After each round you re-set the bottles to their starting position.

Keep a record of how many you knock over in the rounds you play.

Skill Tip: Keep your eye on the target when throwing, and after releasing the socks point to the target.

What is your best score today? Try again another day and see if you can get better over the week.



Challenges:

1. Play the game again, this time change the position of the bottles/objects to make it easier or harder
2. Add more targets and obstacles
3. Can you try it with your eyes closed?

STEP

Space – move closer or further away from the targets

Task – use your non-dominant hand to throw

Equipment – smaller and bigger targets

People – play against a friend.

GO GO DISC THROW

Throwing skills

Equipment: 3 old Tee Shirts and a bin or target to throw into.

How to play:

Mark out a circular course with old t-shirts as launch pads, and place a basket in the middle. Crumple up pieces of newspaper as "missiles".



Shout "Go, Go!" and set off around the course as fast as you can, throwing the "missile" into the basket as you reach each launch pad.



If you miss a target, stop and flap your arms 10 times.



Time how quickly you launch all your "missiles" into the target. Add 5 seconds for every "missile" that misses the target.

Skill Tip: When throwing, if you use your right hand, step forwards onto your left foot. If you use your left hand, step forwards on your right foot. It helps you to **balance** and become more accurate.

What is your best score today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, but this time can you throw the missile by starting with your arm above your head and throwing it downwards towards the bin. Be careful to send it gently so that the missiles do not bounce out.
2. Turn around and find a way of throwing the missiles backwards, to land in the bin.
3. Make up your own way of sending the missiles and teach someone else your game.

STEP

Space - make the launch pad areas bigger or smaller. Change the level of the target, have it on a table or a chair.

Task – stand on one leg or sit and role the "missiles" into the target. Use your feet to drop kick (volley) the missile

Equipment – use a book as a racket and try and bat the "missiles" into the target.

People – Time yourself against a friend. Have a goal keeper trying to stop the "missiles" going into the bin

Video No Video for this game

SNAKE RACE

movement skills

Equipment: A few old Tee Shirts

How to play:



Are you as fasssst as a ssssssnake? Lie down on your tummy and sssslither around the courssssssse!

Mark out a short circular course outside with old t-shirts and lie down on your tummy at the start line.

On the word "Sssss-tart", begin slithering around the course.

Stay in contact with the ground – just like a real snake. Remember to hisssss loudly as you go.

How many times can you slither around the course in 10 minutes?

Time how quickly you launch all your “missiles” into the target. Add 5 seconds for every Tee shirt you make contact with.

Skill Tip: Keep low to the ground, make sure your legs and arms work together to pull you forward. Try to keep your stomach flat and level to support your lower back.

What is your best time today? Try again another day and see if you beat it.

Challenges:

1. Play the game again, spread the Tee shirts out further with more acute angles to make turning more challenging.
2. Use your hands and feet only to make contact with the floor (Crab crawl).
3. Reverse the crab crawl and face the ceiling while your hands and feet are on the floor.

STEP

Space - make the crawl course bigger or smaller.

Task – with no other obstacles on the floor, shut your eyes for 5 seconds and try and complete a small section of the course

Equipment – A number of old Tee shirts.

People – Time yourself against a friend.

Video No Video for this game

SPEEDWAY CHALLENGE

movement skills

Equipment: Toys for markers and start/finish line

How to play:

Use toys to mark out a start and finish line. Then place 2 markers at equal points along the course.



On the count of 3 you must start to race, but for the first section you can only race on your hands and knees.



Once you reach the first marker, start hopping.



From the second marker, you must then run to the finish.



Time how quickly you move from the start line to the finish line.

Skill Tips: Support leg bends on landing, then straighten to push off. Land and push off on the ball of your foot. Bend non-support leg and swing in rhythm with the support leg. Keep head and trunk stable, eyes focused forward. Bend arms and swing forward as support leg pushes off.

What is your best time today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, but hop on your least favoured foot.
2. At the start, face way from the course and turn to start.
3. Change the direction between start/markers/finish

STEP

Space - make the distances bigger or smaller.

Task - Alternate feet when hopping

Equipment - use toys for markers

People - Race against a friend.

Video No Video for this game

BALL SKILLS

bouncing, balance skills

Equipment: Inflated Balloon

How to play:

Grab a balloon. Count how many keepy-uppies you can do with your feet, hands and head.



Now try with just your head and feet.



Now with just your feet. as you reach each launch pad.



How many keepy-uppies can you count in 60 seconds?

Skill Tip: When using your feet, keep a straight foot. Use centre of foot. Use less favoured foot too.

What is your best score today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, count using your least favoured foot only.
2. Clap your hands in between keepy-uppie.
3. Try with a ball.

STEP

Space - make sure there is enough area to play in.

Task – Drop the balloon from your hands kick it up and catch it.

Equipment – Use a balloon.

People – Count yourself against a friend. Who can record the most keepy-uppies?