

Year 1 - SPRING TERM HOME PE

Turtle Travel

crawling, changing direction skills

Equipment: Adult size sock filled with some children's socks + 3 old T shirts

How to play:

Get started by filling up socks and then making sure they don't spill out.



Lay out a t-shirt each on the floor, as this will be the "current"



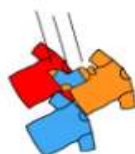
With your back to the "current", throw your turtle over your shoulder, aiming to land on the "current".



If you miss, you have to crawl on your hands and knees both ways to get it back.



Keep going until your turtle lands perfectly 😊



Skill Tip: When you're being a turtle, 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.

How many times did it take to land your filled sock today? Try again another day and see if you can get better over the week.

Challenges:

1. Play the game again, this time see how fast you crawl to the landing pad and back in full.
2. Move the start line further away from the landing pad.
3. Try throwing with your least favoured hand. If you're right handed try throwing with your left.

STEP

Space - make sure the area is clear of objects and flat.

Task – Do a reverse crawl on your back using the soles of your feet to get traction and propel you forward.

Equipment – A few socks stuffed into a larger one.

People – Time yourself against a friend.

SPRING TERM HOME PE

Year 1

Tea Set Tidy Up

bending, changing direction skills

Equipment: Sheets of paper and plastic scissors (or some party paper plates)

How to play:

Start by making your plates – draw about 20 circles on pieces of paper, Then get some help to cut them out. Make sure this is done VERY SAFELY.



Then ask someone to count, or use a timer on a watch or mobile phone.



With 10 plates in each hand, throw all the paper plates up and over your shoulder into the air, then start the clock.



See how quickly you can pick up all the plates.



Keep going to see if you can beat your time.



Skill Tip: Have “soft” knees when bending down to pick up the plates, use your legs to do the work and keep the pressure off your lower back.

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

Challenges:

1. Play the game again, this time, see how fast you collect all the plates and return over the finish line.
2. Set up a finish line further away from where you throw the plates.
3. Collect all the plates with only one hand

STEP

Space – Try sending the turtle from different levels by sitting, lying or kneeling.

Task – Do the run to the finish line facing backwards (carefully). Hop to collect the turtle.

Equipment – Smaller Turtle and less t-shirts.

People – Ask someone nicely to help you with the cutting out. Play against someone to see who can hit the target first.

SPRING TERM HOME PE

Year 1

Yoga poses

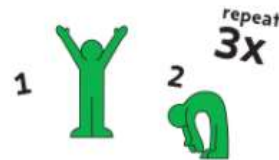
Balance, strength skills

Equipment: A clear, safe, quiet place. Comfortable clothing

How to play:

Discover your inner yogi with some cool Yoga poses – Namaste!

Get warmed up by raising your arms and stretching up to the sky for a count of 10 seconds, then touch your toes for a count of 10. Repeat 3 times.



Now make the Butterfly pose by sitting and placing the soles of your feet against one another. Hold your feet for a count of 10 seconds. Repeat 3 times.



Next is the Camel pose! Kneel down, stretch your arms up over your head and reach back to your toes. Hold it for 10 seconds. Repeat 3 times.



Dolphin pose is next – from standing, bend over and rest your elbows on the ground, keeping your legs straight. Tuck your head in and hold for 10 seconds. Repeat 3 times.



Finally, it's the Tortoise pose. Sit in a kneeling position, fold your body over and on to the floor, arms stretched out over your head. Hold for 30 seconds.



REPEAT THE CIRCUIT FOR 10 MINUTES.

Skill Tip: Make sure you warm up and do the poses slowly and smoothly.

Challenges:

1. Try doing poses again. See if you can feel even more balanced with no wobbling.
2. Do with an adult and see if they're as bendy and balanced as you?
3. These poses are not a competition to see how quickly you can do them. Relax, be loose and feel yourself breathing nice and gently. Enjoy the quiet, peaceful time doing the poses.

STEP

Space try doing your stretches at different levels, standing and then lying down.

Task – Increase the time you spend on the poses or increase the repetitions.

Equipment – Balance a toy on your head as you do the butterfly pose

People – Do the poses with someone else. Make up your own.

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Year 1

Antique Shop Dash

shuffling, balance, team work skills

Equipment: A medium size balloon + a partner if there's someone handy

How to play:

Can you navigate the Antique shop without smashing the precious and valuable heirloom?

Grab a balloon and mark out a start line and a finish line.



Sit back to back on the start line and carefully place the balloon between your backs. Use a wall if you're by yourself.



Shuffle to the finish line without dropping or bursting the balloon.



Think of different ways of holding the balloon between you.
Keep going until 10 minutes is up!



Skill Tip: If you're taking the challenge with a partner, work as a team, can you communicate effectively to reach your shared goal?

How long did you keep going before the balloon dropped today? Try again another day and see if you can go longer over the week.

Challenges:

1. Play the game again, this time think of different ways of holding the balloon between you.
2. If you're doing on your own, can you use different parts of your body to keep the balloon in contact with the wall? Travel with the balloon between your knees.
3. If doing this with a partner, take it in turns to "lead". What skills are needed to "lead" your team? If you're the team member, what skills do you need to be an effective team player?

STEP

Space – change the space to be longer, or with a change of direction.

Task – Use different parts of your body to keep contact with the balloon, put a time limit on the game.

Equipment – use balls of different sizes and weight, add obstacles.

People – On your own or with a partner. Race another pair.

SPRING TERM HOME PE

Year 1

Jungle Skills

balance, changing direction skills

Equipment: Toys, cushions, hats, empty plastic bottles or similar for obstacles

How to play:

Can you make the moves to build your strength, agility and stamina? It's time to find your ROAR! (Check out the play-along video).

To get started, build your course. Find 6 toys, cushions or hats and place them in a line with 2 steps between them.



With a football in your hands, take big lunges forward over the toys and raise the ball above your head. Bring your feet back together and the ball to your chest and ROAR!



Next, rush through the Savanah - put the football down in front of your feet and test your agility by dribbling the ball through the course.



Keep going until the end of your course.

If you find it difficult, put the ball aside and dodge through the course instead.



Repeat this as many times as you can for 10 minutes to build up your stamina.

Skill Tip: For your lunge, stand tall with feet hip-width apart, step forward with one foot until your leg reaches a 90-degree angle. Press into right heel to drive back up to your upright position.

How long did you keep going for today? Try again another day and see if you can go for longer over the week.

Challenges:

1. Play the game again, and see how fast you can go through the obstacles there and back.
2. Try with a friend and compare personal best times.
3. When dribbling, try with your least favoured foot. If you're right footed, try with your left.

STEP

Space – make the track longer. Change the direction of your dribbling, forwards, backwards, sideways.

Task – Perform 3 star jumps at the first and last obstacle. Push the ball with your hands. Make up your own travelling game.

Equipment – Use different objects to dribble, larger, smaller balls, or soft toys.

People – Time yourself against a friend. Find your personal best and try and better it.

Video <http://www.nhs.uk/10-minute-shake-up/shale-ups/simba-jungle-skills>