



WARTHOGS HIPPO HOPS

balance, strength, agility skills

Equipment: Soft Toys, cushions, clothes

How to play:



As a magnificent Warthog, imagine a tasty-looking insect has caught your eye... but it's on the other side of a mud hole full of sleeping hippos! Can you get through to the tasty snack without waking them?

Grab some cushions, clothes or even pieces of paper to be the hippos, then lay them out across the floor. Make sure they're not too far apart.



When you're ready, start your crossing!

Crouch down like a frog and leap over the first hippo.



When you land back on the floor, keep hopping to stay out of the mud! Make your way across the mud hole, leapfrogging over the hippos until you reach the other side.



Once you've made it to the other side, turn around and cross back, leapfrogging the hippos again. Keep going until the end of your course.



Keeping playing for 10 minutes.

Skill Tip: Start in a standing position with your feet at shoulder width. Then lower down into a 3/4 squat position with your arms at your sides. Pause here for a second and get ready to jump up and forwards. As you land back down, absorb the landing by bending your knees. Keep eyes up and concentrate.

What was your quickest crossing today? Try again another day and see if you can go quicker and for longer over the week.

Challenges:

1. Play the game again, and see if you can use fewer jumps.
2. Try taking off and landing on one leg. Use the other leg if you get tired.
3. Try with a friend. Who is the quickest? Who uses fewest jumps?

STEP

Space - make the jumping space longer or shorter.

Task – Try other ways to get over, hopping, leaping, on your hands and feet.

Equipment – make the objects higher or lower.

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

LIFT OFF!

Strength and balance skills

Equipment: Two Toys for a start line and a tape measure

How to play:



Do you know how far you can jump? Take this challenge for one giant leap for mankind!

Mark out a start line jump as far as you can off the start line, and mark where you land. If you do this with a friend, take it in turns.



Now try again, but with a 2-step run up.



Keep going to see how far you can go!



Skill Tip: Your take off leg is the one that stays on the ground to support your weight when you kick a ball. Usually, if you are right-handed, your take off leg will be your left leg. When landing don't fall backwards! Bring your heels up and your head down towards your knees. Every inch counts.

How far did you jump today? Try again another day and see if you can jump further 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.

STEP

Space – make a **V** shape using towels and start at the point of the v and jump over and see if you can work your way along to be able to jump from one side of the v to other. Make it wider to make it more difficult.

Task – Try different foot patterns: a two footed take-off and landing, one foot to two , hop, step jump

Equipment – Use markers on the floor to guide your hop, step jump. Use larger obstacles to jump over.

People – Make up your won jumping pattern and teach a friend.



SPRING TERM HOME PE

Year 1

Whizzy Speed challenge

Speed, agility, balance direction skills

Equipment: Toys, cushions to make a course

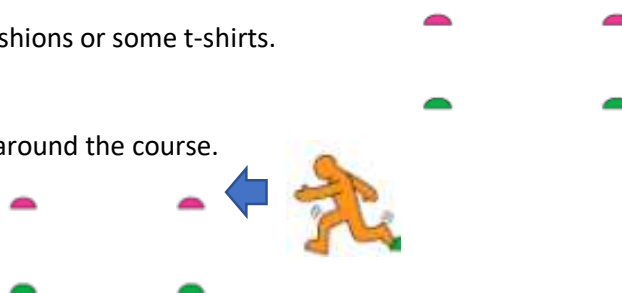
How to play:

How fast can you Whizz around the course?



Mark out a course with soft toys, cushions or some t-shirts.

At the start line shout GO! And run around the course.



If you do this with a friend once you complete the course, air high-five the next person, who then starts off around the course. How quickly can you get around the course?

Skill Tip: Be nice and balanced when you run around the corners. Stay on your toes.

How quickly can you complete the course? Try again another day and see if you can go for longer over the week.

Challenges:

1. Run the course again, and do a star jump at each corner.
2. Try with a friend and compare personal best times.
3. Complete the course in the other direction.

STEP

Space – make the course shorter or longer. Change the direction and run forwards, backwards, sideways. Change the pathways of the course: straight, circular, wiggly.

Task – Change the rules, number of laps, how you travel, hop, skip, run, jump.

Equipment – Put in obstacles to make the course harder. Add markers and perform actions at the markers. Add a ball or rolled up socks and dribble round the course or throw and catch at the markers.

People – Do this with a friend and record your personal bests.



SPRING TERM HOME PE

Year 1

Keeeeeep Dancin' - then Freeze!

dancing, listening and balance skills

Equipment: Music player and someone to DJ

How to play:



Find something to play music on and choose a DJ.



Start dancing and do your best moves! Whaahey!



When the DJ stops the music, you must immediately freeze very, very still.



If you don't stop as soon as the music does, then you must do 20 star jumps to warm yourself back up and melt the ice!



Skill Tip: Concentrate and listen carefully to be ready to freeze! Tighten your muscles and have your feet spread apart for a better balance.

How many times did you have to warm up today? Try again another day and see if you can stop to the music quicker and more often over the week.

Challenges:

1. Play the game again, but travel high and low and have faster music.
2. Try with a friend and compare the number of times you froze to the music.

STEP

Space – Use different levels, travel in different directions. Play in a larger space.

Task – Change the rules of when you are out: hop, hold a shape on hands and feet. Change the way you travel by skipping, jumping, or travelling on hands and feet.

Equipment – carry a toy or ball as you dance. Throw and catch the toy as you move.

People – enjoy dancing to the music with a friend or family member. Copy their movements.



SPRING TERM HOME PE

Year 1

Hopathon

speed, balance, agility skills

Equipment: Cuddly toys + timing device (mobile phone/stop watch)

How to play:



Mark out a start and finish line. At the finish line, make a pile of your favourite cuddly toys.



Start a stopwatch and hop from the start to the finish, pick up a toy and hop back to the start.



Keep going until all of the toys are on the start line, then stop the clock.



Skill Tip: Take care when bending down to collect the soft toys. Bend your knees not your back.

How quickly did you complete the challenge today? Try again another day and see if you can go quicker over the week.

Challenges:

1. Play the game again, can you beat your best recorded time?
2. Try with a friend and compare personal best times.
3. Try carrying toys with you least favoured hand/arm. If you're right handed, try with your left hand.

STEP

Space – change the pathway of the route, from straight to zig zag. Make the route longer or shorter.

Task – Add actions at the start and finish, like star jumps or hops. Change the way you travel, run backwards or skip.

Equipment – add heavier toys to make it harder, smaller softer toys to make it easier. Add obstacles to jump over.

People – Time yourself against a friend. Try a relay taking two alternate turns each.