

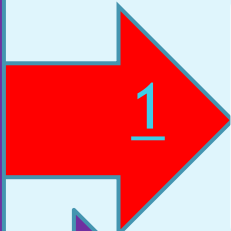
PE Activities for Home Schooling for Key Stage 2+3

The Dorset School Games Team are keen to help parents with activities and ideas to keep children active whilst at home, not only to keep them fit and healthy, but to provide activities where children have fun and learn through movement. *Use the links to navigate through the pages of this pdf.*

These are the 3 sections

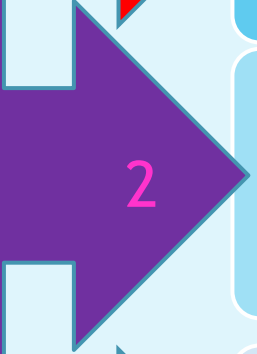
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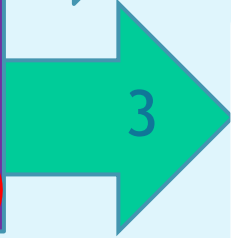
Section 1 - PE - Heart of Home Schooling

- Importance of PE and Activity
- School Games Organisers and their role
- The Active Championships



Section 2 - Practical ideas for PE at Home

- Daily Dose / Ideas for Each Day
- Videos and Games to play
- Learning in outcomes in PE



Section 3 - Further Resources

- Physical and Mental Wellbeing
- Lots of extra ideas and websites links
- Contact information

This is the MENU PAGE to return here click the red arrow on the other pages



Section 1 - PE - at the Heart of Home Schooling

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Why is PE and Activity important



WE CAN...

- CHALLENGE OURSELVES DURING PHYSICAL ACTIVITY
- CELEBRATE PERSONAL OR PEER SUCCESSES AND ACHIEVEMENTS
- CREATE INTERESTING AND CHALLENGING GAMES, ACTIVITIES AND DANCES
- Describe the benefits of regular exercise
- Demonstrate the acceptance of others skills and abilities
- ENGAGE IN PHYSICAL ACTIVITY AS AN OPPORTUNITY FOR SOCIAL AND GROUP INTERACTION

During these challenging times parents are being asked to home school their children.
 The government recommends that at least 60 minutes of the day is active.
 Using physical activity in learning can make it fun. Try to do some fitness activities, movement skills, games and active lessons.

We can do all these
by working on physical literacy at home

PHYSICAL LITERACY

PHYSICAL LITERACY IS THE ABILITY TO MOVE YOUR BODY CONFIDENTLY DURING PHYSICAL ACTIVITY, MAKE HEALTHY LIFESTYLE CHOICES AND PERFORM A VARIETY OF SKILLS AT SCHOOL, HOME AND IN THE COMMUNITY

- CONFIDENCE AND COMPETENCE
- HEALTHY ACTIVE CHOICES
- WIDE RANGE OF PHYSICAL ACTIVITIES
- AT SCHOOL HOME AND IN THE COMMUNITY
- VARIETY OF MOVEMENT SKILLS



an active child is 50% more likely with an active parent



[Sport England report on how adults are exercising more during isolation](#)

[Click here to access a great video to inspire you to include at least 60 minutes activity in your day](#)

[Video on the importance of activity and developing physical literacy](#)



Government redeploys School Games Organiser network to keep children active during Coronavirus

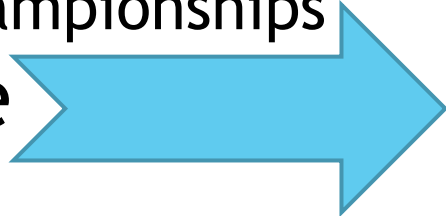
The 450 School Games Organisers within the School Games network are being redeployed to provide online activities and digital content to support every child in achieving 60 active minutes a day in line with the Chief Medical Officer's guidance.

The School Games Organiser Virtual programme, endorsed by the Department for Culture Media and Sport, Department of Health & Social Care and Department for Education, will:

- Provide daily inspiration and inclusive activities which will allow all children and young people to continue to access 60 active minutes of physical activity while social distancing is in place

School Games Active Championships, video coaching and free resources to keep children active during school closures

To find out more about this Active Championships
[Click Here](#)



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Section 2 - Practical ideas for PE at Home



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DORSET
SCHOOL
GAMES

- Improve your ICT skills. Download the [Topya! Active App](#) and get use video to enter the [Active Championships](#)

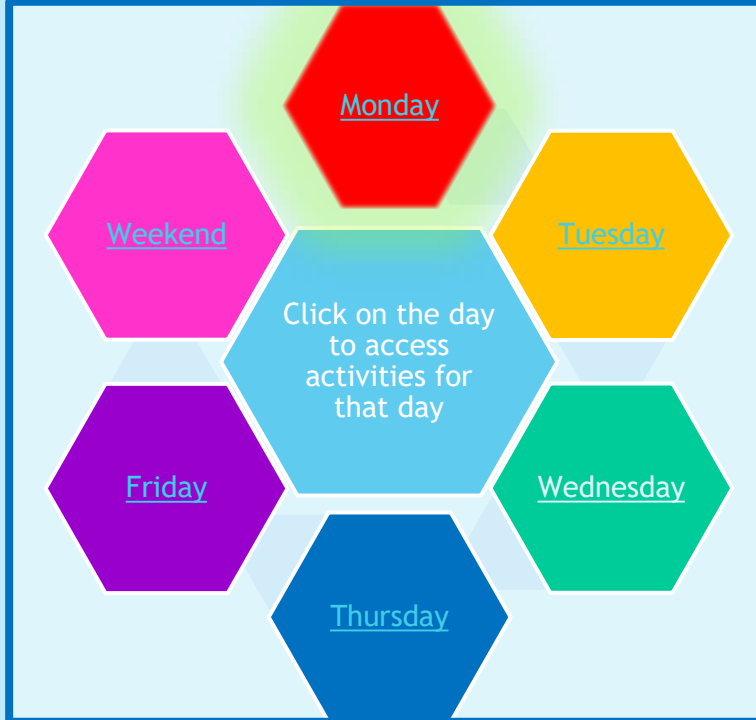


Active Learning

Fun Fitness Activity



- [Click here to access video](#)



Monday

Game Activity

Movement Skills



- How many keepy ups can you do. This could be football, or beachball or bat and ball. [Or watch the video and try Toilet roll!](#)

UNO FITNESS CHART				
CARD	ACTION			
RED	Burpees			
BLUE	Star Jumps			
YELLOW	180 Degree Jumps			
GREEN	Squats			
Wild Draw 4	Wild	Draw Two	Skip	Reverse
Show this card before discarding as other players must collect 4 more cards (4 shuttles)		Show this card before discarding as other players must collect 1 more card		
Put this card back in discarded pile but player must draw 2 extra card for themselves (2 shuttles)		Skip to pile to discard this card - no exercise		
Run backwards to discard this card but pick up 1 extra card from pile				

- [Click here to access Uno game](#)

Regular Physical Activity Can Help Me...



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- Mental health
- Write your own coping calendar
- [See example](#)
- Include physical activity

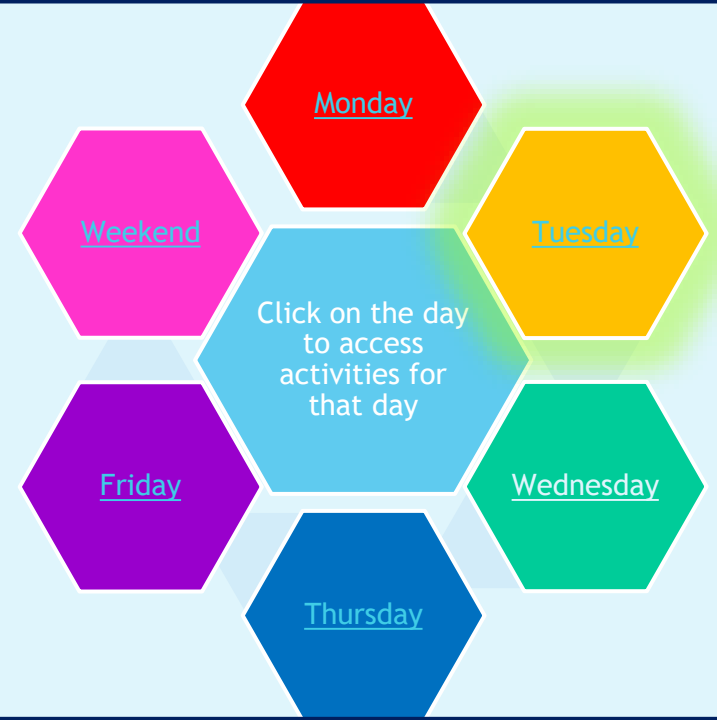


Active Learning

Or do a [Joe Wicks Workout](#)

- Ready, Steady Go!
- Put your own music on and follow the [video](#)

Fun Fitness Activity



Tuesday

Game Activity

Movement Skills



[Click here to access the Gymnastics with Max video](#)

[To go to another day click on any hexagon above.](#)

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ACTIVITY SNAKES AND LADDERS

21 Go forward 4 spaces	22 Dance crazy for 22 secs	23 Go down the snake	24 Go down the snake	25 Sprint on spot x 25 seconds	26 Sprint on spot x 26 seconds	27 Go down the snake	28 Dance crazy for 28 secs	29 Go down the snake	30 ★
20 Star jumps x 20 secs	19 Sit ups x 19 secs	18 Go up the ladder	17 Go down the snake	16 Do 16 Star jumps	15 Go back 1 space	14 Sprint on spot x 14 secs	13 Dance crazy x 13 secs	12 Go back 1 space	11 Get up and sit down x 11
1 Ready Steady Play	2 Go forward 1 space	3 Do 3 Differant stretches	4 Go up the ladder	5 Go forward 5 spaces	6 Do 6 squat jumps	7 Do 7 sit ups	8 Go up the ladder	9 Go up the ladder	10 Sprint on spot x 10 secs

- [Play Fitness Snakes and Ladders](#)

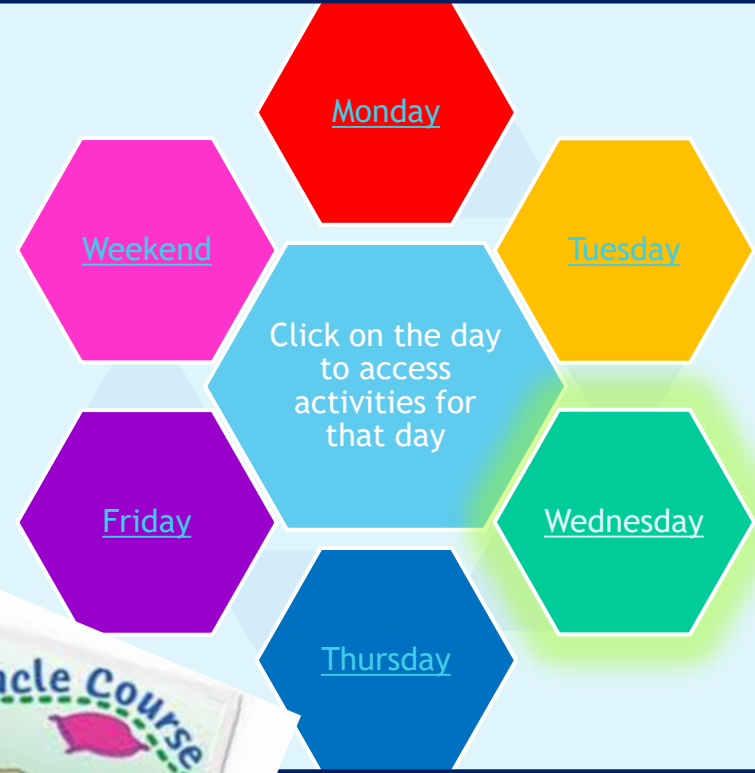
- [Fun KS2 BBC active learning videos](#)



Active Learning

Fun Fitness Activity

- [Home Pentathlon Challenge](#)
- [Video help](#)



Wednesday

Game Activity

Movement Skills

Design your own obstacle course. [See example](#)



[To go to another day click on any hexagon above.](#)



- [Play this online Jumanji Fitness game.](#)

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- Practice your **mental maths skills**. Design a target game with scoring zones of 6 , 9, 14. Start game with 50 points. Missing target is minus 7.
- If you have a darts board this is even better for your maths skills!



Active Learning

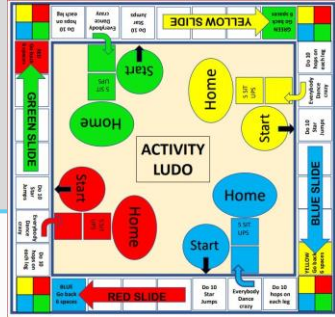
Fun Fitness Activity

- Learn to skip and improve your fitness.
- [See video from a Sports Leader](#)
- Challenge yourself



Thursday

Game Activity



Movement Skills



- Learn a dance and improve your mood.
- [Just Dance - Happy](#)
- [Hip Hop](#)
- [Fortnite dances](#)

- [Play Fitness Ludo Board Game](#)



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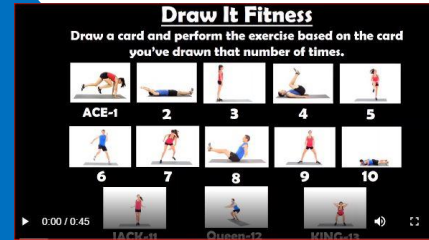
- Play charades using verbs such as run,swim,kick, sprint, tackle, dance, serve, rally, squat, jump, skip, jog, slide.
- Make your list.



Active Learning

Fun Fitness Activity

- Find a pack of cards and do [Draw it Fitness](#).
- [See Video](#)



UNO FITNESS CHART	
CARD	ACTION
RED	Burpees
BLUE	Star Jumps
YELLOW	180 Degree Jumps
GREEN	Squats
	Wild Draw 4
	Wild
	Draw Two
	Skip
	Reverse
Wild draw 4+	Show this card before discarding as other players must collect 4 more cards (4 shuttles)
Wild	Show this card before discarding as other players must collect 1 more card
Draw two +2	Put this card back in discarded pile but player must draw 2 extra card for themselves (2 shuttles)
Skip card	Skip to pile to discard this card - no exercise
Reverse	Run backwards to discard this card but pick up 1 extra card from pile

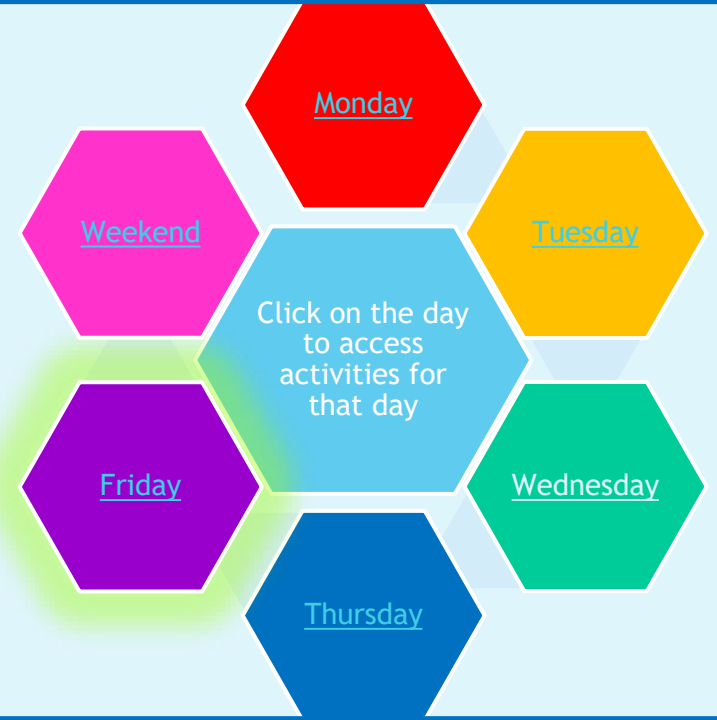
Game Activity

Movement Skills



- Learn to juggle. [See video](#)

- You will need Uno cards , tennis balls and a wall for [Catching Skills Uno](#)



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- Go to google maps and plan a walk around your local area.
- Complete the walk and maybe jog every other lamppost.



Active Learning



Fun Fitness Activity



- [Choose a workout video](#)



Game Activity

- Challenge your family to play a game you have invented.
- Or choose one from here



Movement Skills

Use your bin as cricket stumps. Practice bowling. Challenge family to a bowl off or to play a game with you.



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ACTIVITY SNAKES AND LADDERS

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School Games Active Championships, video coaching and free resources to keep children active during school closures

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Primary and secondary-aged children can join the School Games Active Championships at any time with **free** active challenges being set via videos within a designated School Games version of the TopYa! Active app.

Children practise the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches.




How do I get involved?

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Player (child) account
3. When prompted to enter an Invite Code enter **23880** and then choose Primary or Secondary School League based on which type of school you attend

If you are under 13 years old, ask your parent or guardian set up the TopYa! Active account first, and then create player (child) accounts afterwards.



This resource has been written by Katrina Cole ,
School Games Organiser for East Dorset.

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I hope you have found it easy to navigate through the resources using the links

Further links are below



[East Dorset
School Games
Organiser Page](#)

[Poole and East
Dorset Sports
Association](#)

[Twitter Dorset
School Games
@DorsetGames](#)



[Yoga videos
Cosmic Kids
Yoga](#)

[BBC Mental
Health, advice
and Video](#)

[Mindfulness
Video 1
Video 2](#)



[Active Dorset
Daily Dose for
children](#)

[Dorset County
Council Help
Page](#)

[#stayinworkout
Sport England
website](#)

[Government
comments](#)


Department for
Digital, Culture,
Media & Sport

PE VIDEOS #ThisisPE





Department for
Digital, Culture,
Media & Sport

Letter from DCMS Praising School Games Team



Department for
Digital, Culture,
Media & Sport

Nigel Huddleston MP
Parliamentary Under Secretary of State
for Sport, Tourism and Heritage
4th Floor
100 Parliament Street
London SW1A 2BQ

www.gov.uk/dcms
enquiries@culture.gov.uk

INT2020/05208/DC
15 April 2020

Dear School Games Organisers,

The COVID-19 pandemic is one of the biggest challenges we have ever faced. Helping children stay active during this time is more important than ever, and I am grateful to Sport England, the Youth Sport Trust and all of our sector for the work they are doing to help us respond to this challenge.

But I wanted to write to you, the network of School Games Organisers, to personally thank every one of you for the work that you are doing to keep our children active. I am incredibly impressed at how you have risen to the challenge of helping families to maintain active lifestyles at home, as well as continuing to support the schools which remain open.

I know you have worked hard to develop new resources for schools and parents, as well as children at home. The Youth Sport Trust has shared with me a selection of your outstanding work, and I am very pleased to see how you are continuing to inspire children and families to maintain healthy lifestyles.

The support you are giving to schools and to parents at this challenging time is absolutely vital, and I thank you for your continued efforts.


Nigel Huddleston MP
Parliamentary Under Secretary of State for Sport, Tourism and Heritage

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**DORSET
SCHOOL
GAMES**

Parents could consider the learning outcomes of PE below when helping their children set up PE activities

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I USE A VARIETY OF SKILLS TO PARTICIPATE IN PHYSICAL ACTIVITIES

Locomotor Skills
Skills Like...

Running 	Hopping 	Jumping 
---	---	---

Manipulative Skills
Skills Like...



Dribbling 	Kicking 	Throwing & Catching 	Striking 
---	--	--	---

Stability Skills
Skills Like...

Balance 	Body Support 	Tumbling 
--	--	--

I KNOW AND USE MOVEMENT STRATEGIES IN GAME PLAY

Application Of Directions
Things Like...




Directions 	Pathways 
---	--

Application Of Skills
Things Like...

Levels 	Spatial Awareness 	Speed 
---	---	---

I KNOW AND UNDERSTAND HOW TO GET AND STAY HEALTHY

Health Education
Things Like...



Nutrition 	Disease Prevention 	Personal Safety 
--	--	---

I PLAY FAIR AND PUT FORTH MY BEST EFFORT

Follows Directions & Safety Rules
Things Like...

Following Game Directions 	Being Safe 
---	--

Works Well Independently, And With Others
Things Like...

In Control Of Body & Words 	Taking Turns 
---	---

Puts Forth Best Effort
Things Like...

Being Physically Active 	Working Hard 
---	--