

Staying active at home (and keep learning...)

Remember it is really important we all stay active during this time.

Children are used to be **physically active** during the school day so keeping some level of activity during the day will ensure their physical and mental health. Also, children enjoy being active!

The official guidance is that children should have at least 60 mins a day of moderate to vigorous activity.

- During moderate intensity activity children should still be able to carry on a conversation
- During vigorous intensity activity, children should find it more difficult to carry on a conversation.

More online resources:

Virtual Sussex School Games

@sussexschoolgames

www.activesussex.org/virtual/

Active Sussex:

<https://www.activesussex.org/activeathome/>

Youth Sport Trust

<https://www.youthsporttrust.org/free-home-learning-resources-0>

Sport England:

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

I am also keen for the children to keep **learning and improving**. So similar to their other subjects please find below some **PE ideas**. I am planning to put together a weekly set of ideas for the children. Please encourage them to have a go at these as part of the schoolwork.

This week the focus is on getting controlling a ball.



Can you tweet what you do....?



Ideas for this week

Example objective: I can control an object with my hands/ feet

The aim going forward is to provide schools with ideas for in-school PE as well as tasks that can be completed at home. With this in mind, the following assumptions have been made: equipment will be minimal and not shared (unless allowed as per school risk assessment); all children will be a minimum of 2m apart.

Please start wherever you feel is appropriate.

Set up	<ul style="list-style-type: none"> • Set up your outside space allowing a set space per child, e.g. On a netball court, set up 6 spaces per 1/3. • To begin with I suggest you use a marker to highlight the centre of their space • Allocate each child a space, allowing a “spare” space per 1/3 will give you flexibility • Each space does not have to be square; the children could chalk their own shape into their allocated space however keep in mind the 2m rule • Children could be allocated their space before leaving the classroom 	I am aware that every school has different size outside spaces, please bear this in mind when zoning the space for the children
Challenge	Activity & Progression	Top tips/ equipment
1	<ul style="list-style-type: none"> • Using fingertips, roll the ball over different parts of their body, over toes, round ankles, up and round tummy. Can they use both hands? Can they use one hand? Can they use your non-dominant hand? • Can they make a figure of 8 with the ball through/ round their legs? Can they do this with the ball in the air as well as on the ground? • Can they draw shapes/ letters/ numbers with the ball in your space? Can they challenge their balance and do this by reaching and not moving? For example, they might need to stand on 1 leg to reach. 	<ul style="list-style-type: none"> • Use either a ball or a rolled-up pair of socks • Vary the challenge for each child • Include letter/ numbers for EFYS and KS1, words for KS2 <p>Adaptation: children can use another piece of equipment to move the ball if they are not able to dribble with hands/ feet. E.g. hockey stick/ tennis racket/ rounders bat</p>
2	<p>In their space, can they:</p> <ul style="list-style-type: none"> • Roll the ball using their hands to each corner and back to the middle making a star shape? They must stop the ball at the corners before turning. The challenge is the accuracy of the shape and also using 1 hand and/ or their non dominant hand • How quickly can they do this? Remember they must keep control of the ball • What other shapes can they make? Can a partner see the shape? • Can they repeat this using their feet? 	<ul style="list-style-type: none"> • They will need to bend their knees so they can keep their head up to see where they are going • Do they need to watch the ball? • When using feet, use the footballers in your group, to demonstrate how to dribble the ball, keeping it close and turning

	<ul style="list-style-type: none"> • Remember to use the STEPS principle to challenge the children: <ul style="list-style-type: none"> • Space – by making the space bigger/ smaller you will adapt the challenge • Task – all the children do not need to work on the same task, can they challenge themselves? E.g complete the challenge quicker, use their non-dominant hand/ foot? Can the more able add in “tricks”? • Equipment – this task will be easier with a ball, does a bigger/ smaller ball make it easier/ harder? Socks will be harder to dribble with feet • People – due to social distancing this is an individual task however adding more people can make the task harder • Safety – make sure the children work within your school’s risk assessment/ policies with regards to social distancing and equipment 	
3	<p>If space and your risk assessment allow, you can develop the above further:</p> <ul style="list-style-type: none"> • Using more space, can the children dribble at speed over a further distance? • Can they introduce a change of pace, change of direction? • Can they complete a course set by their partner? Who can complete it the quickest? Include distance as well as parts involving close control, e.g. slalom through some cones 	

