



Activity: Ladders	Age Group: KS2	Focus: Agility
<p>Equipment:</p> <ul style="list-style-type: none"> Ladders (you could use, cereal boxes, books or shoes) Timer (stopwatch or your phone) Object (item of clothing, shoe, toy) 	<p>Considerations:</p> <ul style="list-style-type: none"> Make sure you have enough space and an empty floor in front of you. If you are doing it with someone else, make sure you take it in turns. You may need a demonstration if you are not sure what to do. Walk it through first before completing each progression. 	
<p>Activity Set Up/Description:</p> <p>Set up a ladder using items from around the house. Try to leave roughly one step in-between each hurdle of the ladder and aim for at least 5 hurdles if you have space. You can do each progression 4 times before moving onto the next.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> High knees Head Up with your eyes looking ahead Increase arm movement to gain momentum Use your tiptoes for light, quick movements. 	
<p>Progressions:</p> <ol style="list-style-type: none"> Start by stepping over the ladder hurdles to the other end and back again 4 times. Can you hop to the other end and back? If you touch a hurdle, start again. Jump sideways through the ladders. Jump backwards through the ladder. Don't forget to look over your shoulder! Easy? Now upgrade your ladder to shoes. This will add height to your ladders. Repeat progression 2 – 4. Can you an object at the end of the ladder to the side. Tap it when you get through the ladder. Add a second object on the other side. Must tap both of them before running back. Running sideways facing a wall and on the way back face another wall. Can you come up with your own version? How might we move? 	<p>Make It Easier:</p> <ul style="list-style-type: none"> Bring the gaps between the ladders smaller Use Dad or Brother/sister for a helping hand 	
<p>Game</p> <p>Checkout (1+ players). Place 3 toys, fruits or any object at the end of your ladder. Run through the ladder (however you like) pick up 1 object and make your way back through the ladder in a press up position or front support position. Your object must go in each ladder on the way back. Keep going until all the objects are back at the start.</p> <p>You can see how quickly you can complete this against another person!</p>		



Activity: Balance Challenge	Age Group: KS2	Focus: Balance
<p>Equipment:</p> <ul style="list-style-type: none"> • Cushions (big or small) • Floor space • Rolled up sock or newspaper • Favourite toy 	<p>Considerations:</p> <ul style="list-style-type: none"> • Make sure you have enough space around you. I • If they are more than one of you, you can all do it at the same time. If not, take it turns. • Do all the progressions on 2 feet if you find it difficult before moving onto the challenges. 	
<p>Activity Set Up/Description:</p> <p>Find some space on the floor and follow the progressions below to test your balancing ability. Complete each progression 5 times before moving onto the next one.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Feet shoulder width apart. • Head still. 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Can you squat (2 feet) and touch the floor with both of your hands 5 times? 2. Can you stand on one leg and bend down to touch the floor? 3. Swap legs. 4. Now with object in your hand (rolled up sock or favourite toy) bend down and place the object in front of your big toe! Then, bend down to pick it back up again (staying balanced on the same leg). 5. Swap legs. 6. Same as 5, but can you place your object behind your heel? Remember stay balanced on one leg! 7. Grab your cushion and repeat all the progressions! 8. With help from an adult or sibling, can you balance on the cushions and catch a rolled-up sock 10 times? 9. Extra challenge – try some of the above with one eye closed, or even both. 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • If you find some of the progressions tricky, hold onto a parent’s hand or a sibling’s hand to help. • Do the progressions on both feet. 	
<p>Game</p> <p>Wobble Catch (2+ players) – all players start with 5 points standing on one leg. Throw a rolled-up sock or rolled up newspaper to each other. The aim of the game is to make the other person wobble when trying to catch the object! If they put their other foot down, they lose a point.</p>		



Activity: High 5s	Age Group: KS2	Focus: Co-ordination
<p>Equipment:</p> <ul style="list-style-type: none"> • Paper (10 sheets) • Pen • Cellotape or bluetack • Another person 	<p>Considerations:</p> <ul style="list-style-type: none"> • Find a sensible space with no hazards close by. • You may need to demonstrate. • Give them some time before to think about where the numbers are. 	
<p>Activity Set Up/Description: Find yourself a space where there enough room to run up to a wall or another person. If you can find somewhere outside that would be brilliant! If not find an empty space inside like sitting room or even your kitchen with enough clean space on your wall. Draw you hand around on the paper with a number on 5 different papers and stick them to the wall however you like (make sure it's in your reach). Use a jumper or a tea towel, mark your starting point a couple meters back from the wall.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Eyes on target • Bending of knees • Tiptoes (so you can be quicker on your feet) 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Ask an adult to shout out one of the numbers on the wall, can you run out and place your hand on the paper. 2. Change the positions of the paper around on the wall. Face away from the wall – when number is called out turn and run to the wall and tap the number. Do this 5 times! 3. Can you change how you move to the wall, hop? Skip? Jump? 4. Place a piece of paper on the floor in front of wall. You must run out and stand on the paper and tap your hands to corresponding paper on the wall. 5. Next challenge! Using a family member, stand in front of wall and place out both hands. When they shout GO, run out from your start marker and high 5 their both their hand as quickly as possible. 6. Family member now change position of their hands. 7. Face away from family member, when they shout GO, turn and run and high 5 them. <p>❖ Extra challenge - rather than high 5, can you use different body parts?</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Move your start mark closer. • Decrease the numbers on the wall (1-3) 	
<p>Game Twister (1+players) – using your paper can you draw out 5 hands (left and right) and 5 feet on each paper (one paper could a have a left foot, another paper might have both feet on them) and lay them on the floor facing downwards. One at a time turn the paper over and place your hand or feet on the paper depending on what it says. Carry on turning each paper over until you get stuck or fall over. Think about your balance and co-ordination.</p>		





Activity: Jump to it	Age Group: KS2	Focus: Running & Jumping
<p>What you need</p> <ul style="list-style-type: none"> • Floor space • Cushions, pillows, rolled up socks (soft items) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Make sure you have enough space around you. If there are more than one of you, you can all do it at the same time. If not, take it in turns. • Ask someone for a helping hand if you find it difficult. 	
<p>Activity Set Up/Description: Find some space on the floor and follow the progressions below to test your jumping. Complete each progression 5 times before moving onto the next one unless it says otherwise.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Feet shoulder width apart. • Bending knees • Arms out to balance 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Can you jump on the spot for 10 seconds? 2. Can you jump to the left then jump to the right for 10 seconds? 3. Now, starting at one end of the room, how long does it take to jump to the other side? GO! 4. Can you jump there and back? 5. This time jump sideways. Look where you are going. 6. Can you now jump backwards? Don't forget to look over your shoulder. 7. Using objects such pillows, cushions or even some rolled up socks, place them anywhere on the floor in front of you as obstacles. Can you avoid falling into them whilst jumping to the other side? Repeat from progression 4. 8. Ask an adult or sibling in your house for a jumping race <p>❖ Extra challenge – can you complete any progression whilst holding an object with both of your hands?</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • If you find some of the progressions tricky, hold onto a parent's or a sibling's hand to help. <p>Make It Harder</p> <ul style="list-style-type: none"> • If you find jumping is easy, why not try hopping instead? 	
<p>Game Jump to the Beat (1+) – play your favourite song and try to jump to the beat to the song? You can play against another person – if you jump out of time or get tired first, the other person wins! Get jumping!</p>		



Activity: Target Throwing	Age Group: KS2	Focus: Throwing & Catching
<p>Equipment:</p> <ul style="list-style-type: none"> • Rolled up newspaper • Rolled up socks • Bucket or basket (laundry basket) • Sofa • Chair 	<p>Considerations:</p> <ul style="list-style-type: none"> • Use enough space to perform your challenges. Your items should be soft and nothing that could break. • Think of different ways of throwing. Overarm, underarm? • Start with a bigger object to throw if you find it difficult. 	
<p>Activity Set Up/Description: Find yourself a space in sitting room or bedroom. You need big items to use as targets such as bed, sofa, chairs, baskets or table. Pick 5 different objects and items and pick 5 different targets that you will throw your objects onto or into.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Eyes on target • Underarm throwing action • Aim with non-throwing hand 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Have some practice throws at all the different targets. 2. Start with biggest target and work down to the smallest. How many did you get out of 5 throws? 3. Time trial - starting with the biggest target, keep throwing until you get it in the target, then move onto the next. 4. How fast can you get around all 5 targets? 5. 5 throws at the biggest target, once you get all 5 in a row move onto the next target. Can you complete all 5 targets? 6. Get a family member involved and race against them to complete all 5 targets. <p>❖ Challenge - move your marker back from the target so you have to throw from further away.</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Move closer to target • Use bigger items 	
<p>Game Sitting Room Socks (2+players) Roll up 3 pairs of socks. Make sure each player has different style of socks or colour so you know which socks belongs to who. With another object (this could be a small cushion, tea towel or toy) place in middle of the room. In turns, throw your socks as close to the object in the middle of the room. Whoever has the socks closest to the object gets a point. (if 2 of your socks are the closest you get 2 points) First to 10 points is the winner!</p>		