



Activity: Slalom Run	Age Group: KS2	Focus: Agility
<p>Equipment:</p> <ul style="list-style-type: none"> • Cones (balls of socks, tins, books) • Light object to balance on head (ball of socks, light small book) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Join in with you children to encourage and motivate. • Taking it in turns if you have more than one child. • Ask children to create their own challenges either harder or easier! 	
<p>Activity Set Up/Description:</p> <p>Using a safe area in your house or garden, create a zig zag pattern with your cones. With this zig zag course, you will move through it in different directions, speeds and heights.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Running close/tight to the cones • Good pace • Pushing off with strong foot 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Can you run through the course, making sure that you stay close to the cones and with pace? 2. How fast can you complete the course? Try a few times to beat your own score! 3. Can you do the same again but going backwards? 4. Can you balance a light object on your head and complete the course without it falling off? 5. Can you zig zag through while touching the cones with your dominate hand? 6. Can you do the same as above but with your non dominate hand? 7. What challenges can you create at home? 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Shorter distance • Cones not so far apart • Not timed runs 	
<p>Game</p> <p>Relay races - Taking it in turns how quickly can you complete the challenge's above? You will receive 5 points for coming 1st, 3 points for 2nd and 2 points for 3rd! Or you can create your own score system! Can you beat another member of your family at individual challenges? At the end of the relay races add up who won the most points!</p>		



Activity: Seated Balance	Age Group: KS2	Focus: Balance
<p>Equipment:</p> <ul style="list-style-type: none"> • Cone (light book, ball of socks, light shoe) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Use a surface that isn't too rough • Join in with your child to encourage and motivate 	
<p>Activity Set Up/Description:</p> <p>Using a small light object can you complete the following challenges while in balanced positions. Try and create as many balanced positions as you can!</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Focus on making your core/tummy muscles strong. 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Sitting on your bottom, face a wall, feet on the wall and balance for 10 seconds. 2. Turn around and now try without putting your feet on the wall. Use your hands to support you if needed. Aim for 10 seconds. 3. Place your hands on your tummy and try to hold the balance for 10 seconds without putting your hands or feet down. 4. Place an item beside you, get into your seated balance. Pick your item up, pass it to your other hand and place it beside you, repeat 6 times. 5. Every time you pick your item up, place it on your tummy, touch your head with both hands and then place your item on your other side and touch your head again. Repeat 6 times. 6. Repeat the previous progression, but you must pick up/place down with your opposite hand (reach across you). 7. Keeping your legs in the air, knees bent at 90 degrees, feet together. Repeat previous progression but reach and place the item on your shins. 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Only hold the balance for 5 seconds • Use a lighter object • Allow one foot or both feet to be touching the floor while balancing objects 	
<p>Game</p> <p>With a partner, get into seated balance positions facing each other. Spread your legs, have an item on the floor between you. Push the item back and forth to each other until one person puts a hand or foot down. You could also try this with throwing back and forth to try and put the other person off balance.</p>		





Activity: Floor Movement Patterns	Age Group: KS2	Focus: Co-ordination
<p>Equipment:</p> <ul style="list-style-type: none"> • Cones (chalk markings or pieces of paper or socks) • Stopwatch • Deck of cards (you could make your own) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Set up more than 1 course if you have space or have your children alternate. • Move cones closer together if not enough space. • Get your child to explain how they can make the activity easier or harder. 	
<p>Activity Set Up/Description:</p> <p>Set up a zig zag on the floor with the cones, to start with get your child to walk from one marker to the next and then start following the progressions.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Start off slowly to get used to the movement. • Practice the movements without the cones to get used to doing this. 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Sidestep between each cone. Turn and sidestep using a different leading foot at each cone. 2. Continue side stepping but at each cone balance for 2 seconds and then pivot your foot to lead with the other leg. 3. Hop between the cones, changing leg at each cone. 4. Repeat progression 3 but stay on the same leg. Try on both legs. 5. Can you hop-scotch between the cones, alternating between 1 and 2 feet jumps between the cones. Can you do the hop on your weaker leg also? 6. Move the cones into a different pattern, come up with your own way of moving between the cones. <p>❖ Time yourself on some of the progressions above, give each one 2 attempts and try to beat your score.</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Bring cones closer together. • Get rid of the stopwatch and just practice going around the different cones. 	
<p>Game</p> <p>Snap - Place the cards face down around an area, make sure they are nice and spread out. Pick a way to move between the cards e.g. side-step. You have 2 minutes how many pairs (same number or picture) can you find. Turn 1 card over and side-step to where you think the next card is. If the pair is wrong, turn both cards back over and try again. You could play this against another person.</p> <p>After each round change the movement.</p>		





Activity: Sprint Starts	Age Group: KS2	Focus: Running & Jumping
<p>Equipment:</p> <ul style="list-style-type: none"> • Cones (anything you can use as a marker) • Stopwatch 	<p>Considerations:</p> <ul style="list-style-type: none"> • If you have more than one child have them take it in turns or if you have enough space set up more than one activity so both children can join in. • Engage your child, get them to explain how to make the game easier or harder. • Ensure you use a suitable sized space for the activity. 	
<p>Activity Set Up/Description:</p> <p>Create a start and finish line out of cones. Place these lines 10M apart. Time how long it takes for your child to cross over the finish line from once you said go. Encourage children to talk you through why their times may have changed as you work through the progressions.</p> <p>Challenge your children to try and beat their score before moving onto the next level.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Pump Hands (Hip to lip) • Elbows at 90° • Big steps • Head up • Head still 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Sprint without using your arms (hands to your side like a Penguin). 2. Sprint with high knees. 3. Start facing away from the start line, when you shout go, jump 180° and sprint to the finish. 4. Starting on your knees, when you shout go, jump up and sprint. 5. Start laying on your front. 6. Start on your back. 7. Increase the distance they are sprinting (If space is available). <p>❖ If you have 2 children get them to run against each other if you have the space. If you don't have the space time how quickly they can complete the course.</p>	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Make distance smaller. • Spend longer on levels. 	
<p>Game</p> <p>Treasure Hunt - Place different objects around an area (socks, cones, balls) and give each a value (points). Start by standing behind the start line. You have 1 minute to collect as many items as you can. You can only grab 1 at a time, once you've collected an item, bring it back to the start line, and then go and collect your next. Encourage children to add up own scores, can do this using Math's techniques they may be learning in their math's lesson.</p> <p>Next time keep the points each item is a worth a secret until they've finished collecting.</p>		



Activity: Underarm Throw	Age Group: KS2	Focus: Throwing & Catching
<p>Equipment:</p> <ul style="list-style-type: none"> • Tennis ball (or rolled up socks) • Cones (or rolled up socks, tins or shoes) 	<p>Considerations:</p> <ul style="list-style-type: none"> • Join in with you children to encourage and motivate. • Taking it in turns if you have more than one child. • Ask children to create their own challenges either harder or easier! 	
<p>Activity Set Up/Description:</p> <p>Find yourself a safe space in the house or garden, with your partner can you throw your object using an underarm action? Complete each progression 10 times before moving onto the next. Partner must catch for it to count.</p>	<p>Key Teaching Points:</p> <ul style="list-style-type: none"> • Use underarm throwing action • Use other hand as aiming arm • Aim towards your partner 	
<p>Progressions:</p> <ol style="list-style-type: none"> 1. Throw with your dominant hand. 2. Throw using your weaker hand. 3. Can you complete the throws while on your knees? How does this affect your throw? <p>❖ Back on your feet, practice throwing and catching one handed (put one hand behind your back so you can't aim).</p> <ol style="list-style-type: none"> 4. Throw right hand to right hand. 5. Throw left hand to left hand. 6. Repeat progressions 1-5 with one eye closed. 7. Increase the distance between you and you partner and repeat all of the above. 	<p>Make It Easier:</p> <ul style="list-style-type: none"> • Shorter distance between you and your partner 	
<p>Game</p> <p>Mark a throwing line and then find 6 items that will stand up to dot around in front of your throwing line (different distances). You have 30 seconds to try and hit all 6 targets. Record your score and then let your partner (adult or sibling) have a go. If 30 seconds is too easy, decrease the time, increase the number of items or move them further away.</p> <p>If you only have one or two throwing objects, then you may need to have to collect each time. If so, then you may want to increase the time – great energy burner.</p>		