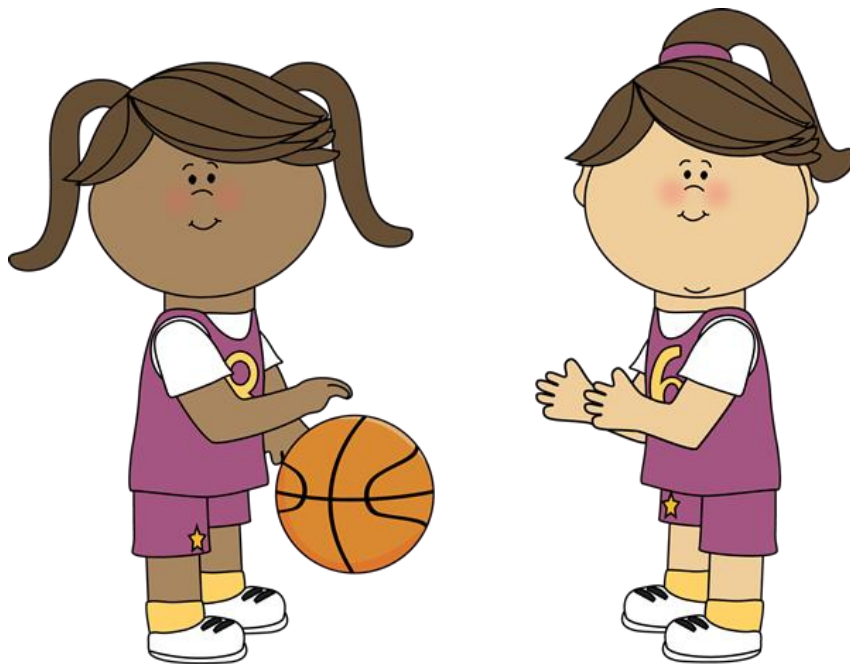




## Lower Key Stage 2

### Physical Education Lessons at home





## LKS2 Lesson 1

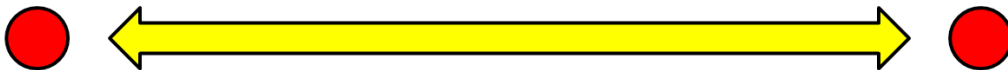
### 'Stamina and Co-ordination'

For each P.E lesson you will focus on two areas. Today you will develop your stamina and your co-ordination.

**Stamina** – Stamina means you can keep on doing something without stopping

**Co-ordination** – In today's lesson you'll develop your ability to throw to a target.

#### Stamina Activity 1 - 90 second Shuttle Challenge



Simple, but not easy. Put down two markers in a safe space (no more than 10m apart). You have 90 seconds to run from one marker to the other as many times as you can. Have a 2 minute rest then try and beat your score. Do this 3 times and write down your best score!



## Co-ordination Activity 1 – The Golden Ladder

# The Golden Ladder

This is a shooting game!

You'll need to pick some targets – at School we use hoops. Line them up equally spaced out. Throw from the starting point at Target 1 first.

If you hit Target 1, move to Target 2 and so on.....

The winner is whoever gets the top of the ladder first!

If you miss a target – you must go back to the start!



## Stamina – Activity 2

**\*See if you can persuade people with you to join in, the more the merrier!\***

It's time for a workout. See if you can keep up for the whole video!

P.S – Your muscles will change over time depending on how much you move your body!

Follow the link below:

<https://www.youtube.com/watch?v=5if4cjO5nxo&t=595s>



## **LKS2 Lesson 2**

### **'Stamina and Co-ordination'**

**Stamina** – Stamina means you can keep on doing something without stopping

**Co-ordination** – In today's lesson you'll develop your ability to throw to a target.

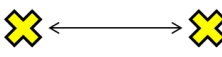
#### **Stamina – Activity 1**

How long can you go? The challenge is simple yet challenging. You'll need a stopwatch or something/someone to time you.

Once ready start jogging, the challenge is then to see how long you can run for before you have to walk/stop. Pace yourself – this means don't run too fast, too soon. Have a small rest once you have completed your first attempt – then try and beat it by another ten seconds or more!

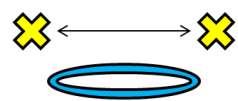


## Co-ordination – Activity 1



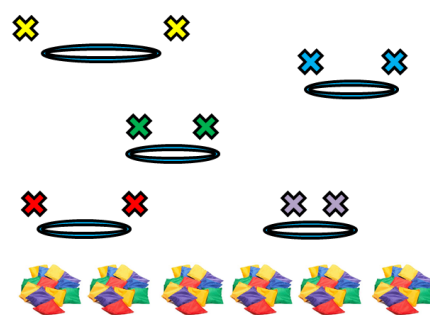
Start by catching in pairs  
Start with bean bags (or rolled up socks) then  
progress to large soft balls

**Progression** ↓



Every time you manage to complete 10 throws  
without a step, both players must take a step  
back!

So now you're ready to play 'Raid the Castle'  
against the clock. You must stay the same  
distance apart!



**Progression** →

You have stormed a castle full of treasure. Make a pile  
of rolled up socks (this is the treasure). To take a  
piece of this treasure for yourselves  
you must throw it  
between each other without dropping it in the moat 10  
times. If you manage to hit that target you get to  
keep the treasure, get another and try again! Set a  
time limit and see how many pieces of  
treasure you can get!

## Stamina – Activity 2

### 'Empty vs Fill'

You'll need to find someone to play against!

One player takes the role of 'empty' and the other 'fill'. You'll need something empty – a box or a bucket. Roll up about 8/9 sock balls.

Around your bucket try and mark out the perimeter of the pitch.

Set a timer (start with a 30 second game)

Put all of the sock balls in the bucket. 'Empty' tries to empty the bucket (they can't throw the sock balls pass the perimeter of the pitch) whilst 'Fill' tries to put them back in!

This is both silly and simple, but it will help your child develop spatial awareness and begin to consider where to aim shots to ensure success.

Oh and no knees allowed on the floor!



## LKS2 Lesson 3

### 'Stamina and Co-ordination'

**Stamina** – Stamina means you can keep on doing something without stopping

**Co-ordination** – In today's lesson you'll develop your ability to throw to a target.

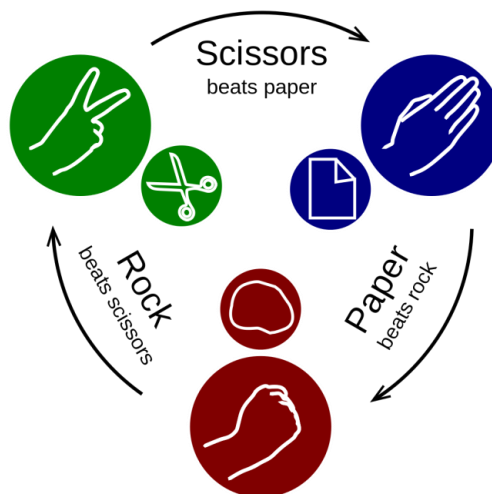
#### Stamina – Activity 1

##### Rock, Paper, Scissors – Workout!

Time to get hot and out of breath!

The first game is really simple but really fun (I hope). You will need at least one person to play against.

First you will have to play Rock, Paper, Scissors against your opponent.



Whoever wins gets to pick a physical forfeit for the loser!

So if you can manage to win your game you can make the other play do any exercise you wish 10 times (10 Jumping Jacks, 10 Shoulder touch press ups, 10 Space Rockets etc)

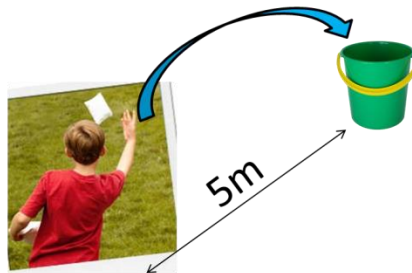
If you manage to win 3 games in a row you double your opponents forfeit! So they'll have to do 20!



## Co-ordination – Activity 1

We have a simple but fun game to test your co-ordination. If you don't have a lot of balls to hand you could roll up pairs of socks. Have as many goes as you wish – co-ordination is something that improves with practice!

### The 5m Sock ball Challenge!



In one minute how many sock balls can you throw into a bucket in 1 minute?  
Good luck!

## Stamina – Activity 2

It's workout time!

Click on the link below and complete the workout with Mr. Joe Wicks. Please pay attention to how your body changes throughout the workout.

<https://www.youtube.com/watch?v=mhHY8mOQ5eo&t=12s>

What happens to your breathing?

What happens to your heart rate?

Do you feel hotter or colder?

Is there a change in how your muscles feel?



## LKS2 Lesson 4

### 'Stamina and Co-ordination'

#### Stamina – Activity 1

Bank Robbers: Against the clock!

For this game you will pretend you're robbing a bank (You'll need some sort of stopwatch). Roll up lots of socks and other gather up lots of toys that don't break very easy – in the game we will pretend that these items are bags of golden coins!



Place them all at one end of your garden/playing area.

For this game you will have 2 minutes.

When the timer starts you have to run as fast as you can across your playing area and pick up one 'golden coin' – then run and place it in your swag bag. Keep running and fetching golden coins until your time runs – then count how 'coins' you've collected and how devious you have been! MWAHAHAHAAAAA (That's a villain laugh by the way).

You have 4 attempts at this game. Write down your highest score and send it to your teacher!

P.E – You're supposed to red hot and sweaty when this finishes. So if you're not....DO IT AGAIN!





## Co-ordination – Activity 1

### The Coconut Shy!

Find a sensible place to play, some soft targets to aim at & grab a ball. Try and place these targets at a variety of heights to test your skills. Maybe you could use teddy bears?

Decide on how many goes each you have and take it in turns to see who can throw the socks and knock over the most targets.

After each attempt to hit a target you must run up and down your playing area 3 times!

To make it harder – use smaller targets or move further away!



## Stamina – Activity 2

### The Science experiment

You will now complete a science experiment!

Your challenge is to try and complete as many different types of exercise as you can. Each time you try a new one – stop in the middle of it and count your pulse for 60 seconds.

Your challenge is to find which activity makes your heart beat the fastest!