Staying active at home (and keep learning…)

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

Children are used to being 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 using accurate rolling and throwing to play a game.

Can you tweet what you do….?
Ideas for this week: Rolling and throwing for accuracy plus can you stop your partner scoring…?

*Please start wherever you feel is appropriate.*

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<th>Challenge</th>
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| 1 Can you roll a ball (or beanbag, pair of socks) between 2 cones (or equivalent stationary objects)? | • Set up 2 cones and can you roll a ball between them?  
• Can you keep changing where to stand and still roll the ball between the targets?  
• Can you make the gap bigger and smaller? | • Remember to have the opposite foot forward to the hand holding the ball  
• Have your front foot pointing in the direction you want the ball to go  
• Swing your arm smoothly releasing the ball in the direction you want it to go |
| 2 Can you beat a partner? | • Set up 2 pairs of cones, one person stands between each pair of cones.  
• Can you send your ball and successfully send it through your partner’s cones without them being able to stop it?  
• You can choose how big you want to make the gap.  
• The only rules are:  
Progressions:  
Can you change the size of the space to make it easier or harder?  
Do both spaces need to be the same size? | • Whilst watching your partner, stand on your toes ready to move to stop their ball |
| 3 Let’s turn it into a game… | • Now set up an area to play in, the cones will make the corners.  
• When the ball is rolled, it must stay inside the area, you can only score a point if your ball passes through your partner’s cones  
• The same rules apply:  
  o The ball must stay on the ground  
  o You cannot move with the ball so you must send the ball from the position you received it in  
Progressions:  
Make the playing area bigger/ small; do both ends need to be the same size?  
Do you have to stand between the cones or can you come forward to receive the ball, what impact does that have?  
Introduce a line across the middle of the area, both players must now stand their side of this line  
Try the same game but throwing the ball underarm.  
Rules:  
  o Decide how many times the ball is allowed to bounce  
  o The ball must go beyond the half-way line before it bounces  
  o The ball must bounce inside the area otherwise it is “out” and the point goes to your partner | • |