

ACTIVE FUSION PE FROM HOME



How many players?

- All activities can be completed individually but you may need help from a family member to call instructions or to help you set up.

What do I need?

- All activities can be done with objects you will have at home.
- You will need to find a clear space inside or outside.

What is included in your pack?

- Activities for you to try with different levels of challenges!
- The activities focus on developing your throwing, catching, speed, agility, balance and coordination
- All the activities are suitable for your age, but you can make them harder with our challenges!
- Each card will tell you how to do the activity and has a video link (QR code) to a coach showing you the activity and top tips!
- We would love to hear from you to tell us how you're getting on with PE at home or show us by sending your videos to info@activefusion.org.uk

Top tips...

- Try to spend 10-15 minutes on each activity
- Try to be active for at least 60 minutes a day
- Try your best at each activity and ask for help if you need some!

Challenge...

- Can you challenge another family member to be active with you?
- Can you be creative and make your own challenges?
- Can you try each activity more than once?

Remember to review your lesson like you would at school after you have tried an activity!

Tell a family member the following after each activity:

- What did you do well?
- What did you enjoy?
- Is there anything you could do even better next time?

If you have any ideas how we can improve the activities, or if you have created your own activity please share your ideas with us.



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Touch the Cones

How many players?

- 1 or more players

What do I need?

- 4 different coloured cones or coloured household items

How to play the game?

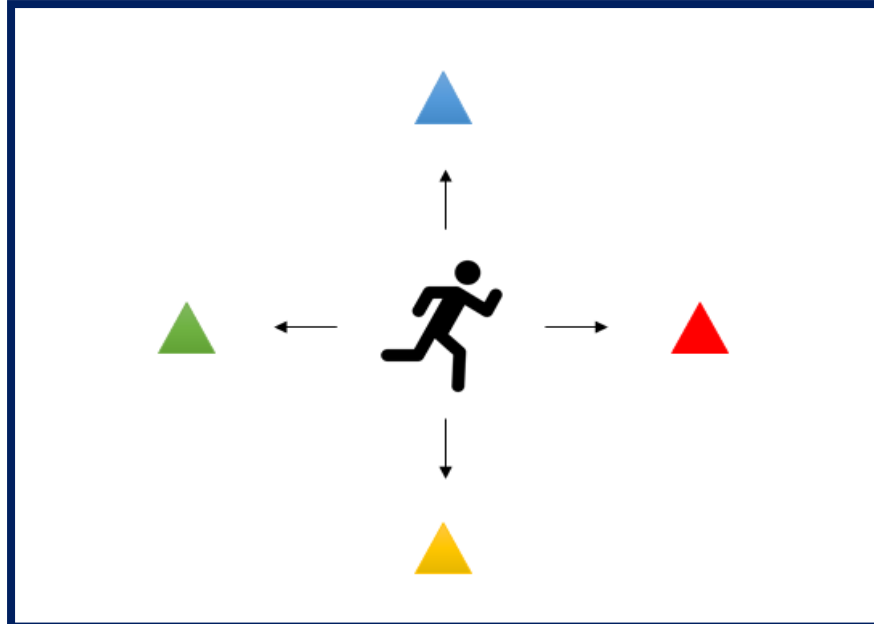
- Can you name the colours of the cones or objects which make up the square?
- Ask a family member to call out the colour of the cone or object
- Run as fast as you can to touch the right one
- When you have touched the cone or object run back to the middle
- If you run to the correct one you get a point!
- How many different colour objects can you touch in 60 seconds?
- Can you switch roles with your family member?

Top tips...

- Slow down when approaching a cone so you can change direction quickly
- Remember to use your arms when running for more speed

Even more challenging...

- Can you run to more than one object in a turn?
- Can you travel in different ways to the objects? e.g. jumping, hopping, skipping



Cone Slalom

How many players?

- 1 or more players

What do I need?

- Cones or household items which can be used as obstacles

How to play the game?

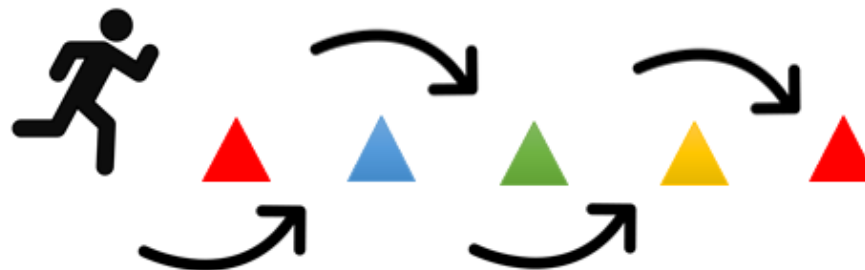
- This game will challenge your ability to run around different objects
- Once you have set a course run through the course as quickly as you can!
- Try not to touch any of the objects and remember to look where you are going
- Ask a family member to time you to see how fast you can run through the course!
- Can you challenge a family member to beat your time?
- You can change the course to make it more challenging
- Why not try and move in different ways around the course e.g. backwards, sideways, jumping?

Top tips...

- Look where you are going to avoid touching the objects
- Try and be creative when setting up courses
- Use your arms when running to move faster

Even more challenging...

- Make the distance between the cones smaller
- Can you try skipping, jumping, hopping though the course?
- Can you go through the course on your knees?



Catch it if you can!

How many players?

- 1 or more players

What do I need?

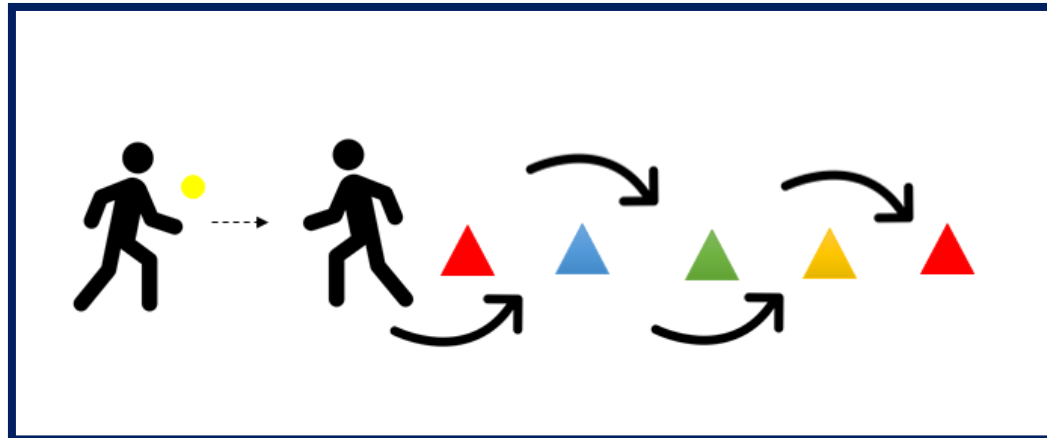
- Cones or household items
- A ball or a rolled-up pair of socks, paper ball, tin foil ball

How to play the game?

- Ask a family member to throw the ball for you
- Stand at the first cone and try to catch the ball
- Once you have caught the ball turn and run through the cones
- When you are back at the beginning throw the ball back to your family member
- Can you switch places with your family member and throw the ball to them?
- If you haven't got a partner, another way to play the game is to throw the ball up in the air, catch it and then run through the cones
- How many times can you catch and run in one minute?

Top tips...

- Make a catching basket with your hands and keep your eye on the ball
- Look where you are running so that you don't knock over any objects



Even more challenging...

- Can you catch the ball more than once at the beginning?
- Can you catch the ball at each cone?
- Can you move through the cones in different ways?

Move like a...

How many players?

- 1 or more players

What do I need?

- No equipment needed

How to play the game?

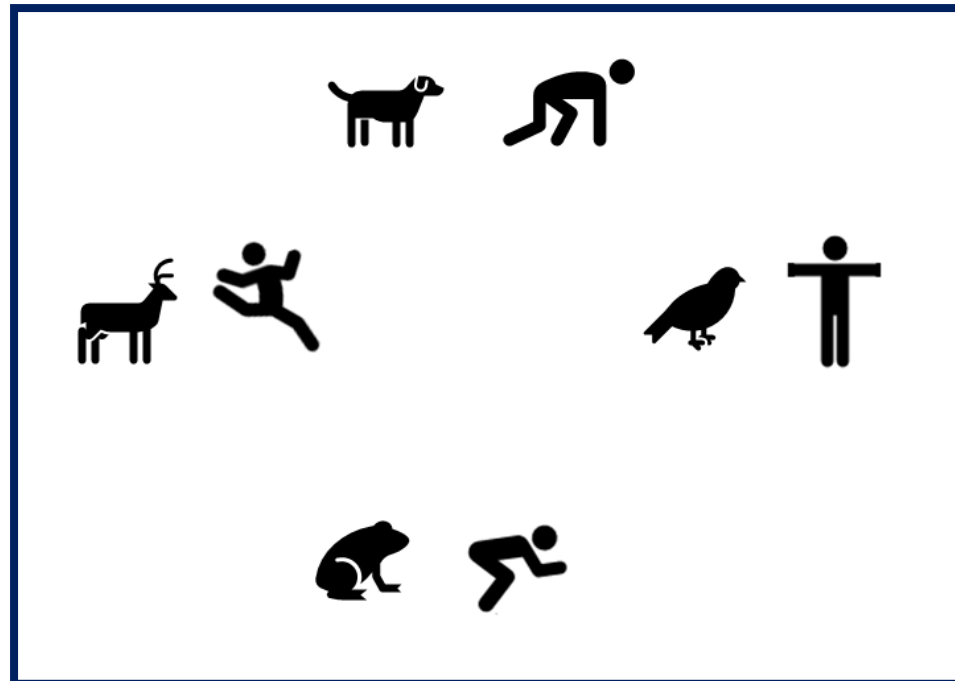
- Find a big clear space to play this game
- Choose a theme for your game e.g. transport, animals, superheroes
- Ask a family member to call out something from your theme
- For example, can you move like a plane? Like a frog? Like Superman?
- Be creative and move around the space like whatever has been called
- Can you switch roles with your family member?
- Can you create different movements which involve different heights or move at different speeds?

Top tips...

- Be creative in your movements
- Try to use movements at different levels- low, medium and high
- Travel in different directions

Even more challenging...

- Can you add obstacles to move around, under or over?
- Can you get your family members to guess what you are moving around as?
- Can you think of another theme?



Individual Catching Challenges

How many players?

- 1 or more players

What do I need?

- A ball, beanbag, rolled up pair of socks, ball of paper, ball of tin foil

How to play the game?

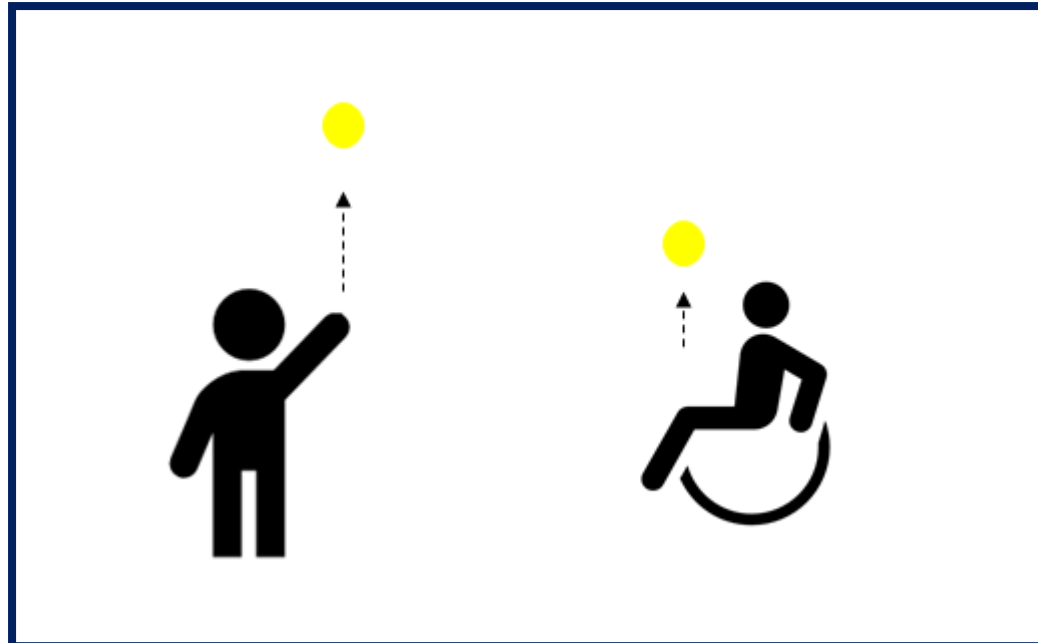
- How many of these challenges can you do?
 - Challenge 1- Can you catch your ball or object with 2 hands?
 - Challenge 2- Can you do a clap before you catch your ball or object?
 - Challenge 3- Can you stand on one leg and catch your object with 2 hands?
 - Challenge 4- Can you throw the ball in the air and sit down before you catch it?
 - Challenge 5- Can you throw the ball up catch it, run around a cone and back again?
- Can you challenge a family member to beat your score?
- **Follow the link below to a video to see how to progress your skills into a game**

Top tips...

- Create a catching basket with your hands
- Keep your eyes on the ball or object
- Don't throw your ball or object too high at first

Even more challenging...

- How many times can you clap before catching the ball?
- Can you make up your own catching challenge?
- Can you use a smaller ball or object?



Battleships

How many players?

- 1 or more players

What do I need?

- Five cones or items to be battleships
- A football or suitable ball for kicking
- Tennis ball or rolled up socks if throwing

How to play the game?

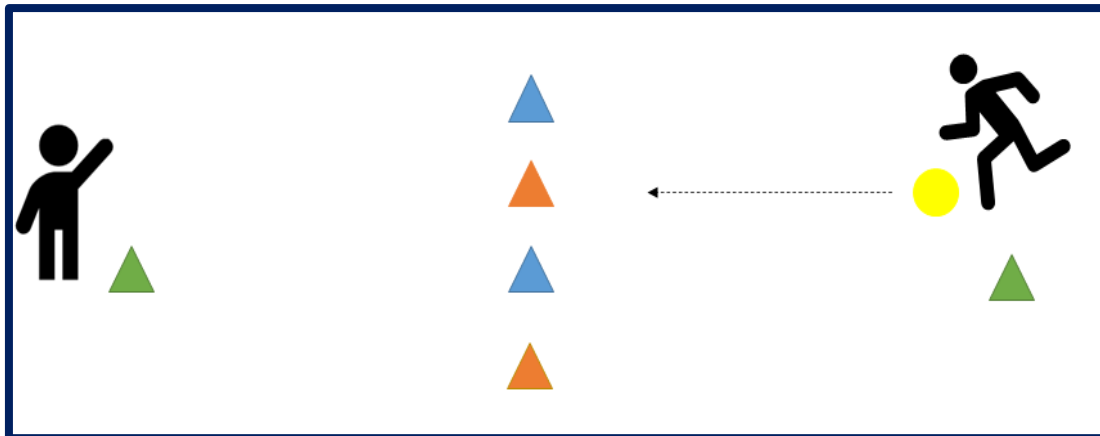
- Aim to knock over the ships, if you are successful you are rewarded with a point
- Alternatively, aim to knock over your partner's ships and whoever sinks all their opponent's ships first is the winner
- If you do not have a ball suitable for kicking, then use a tennis ball or rolled up pair of socks to throw
- If you do not have anyone to play against, count how many attempts it takes you to sink all the battleships

Top tips...

- Use the side of your foot to kick for more accuracy
- Look at the target you are aiming to hit

Even more challenging...

- Nominate the cone/item before you kick the ball
- Move the cones further away/ or wider apart
- Change the layout of the ships



One Legged Balancing Pirates

How many players?

- 1 or more players

What do I need?

- Soft objects to balance on your body

How to play the game?

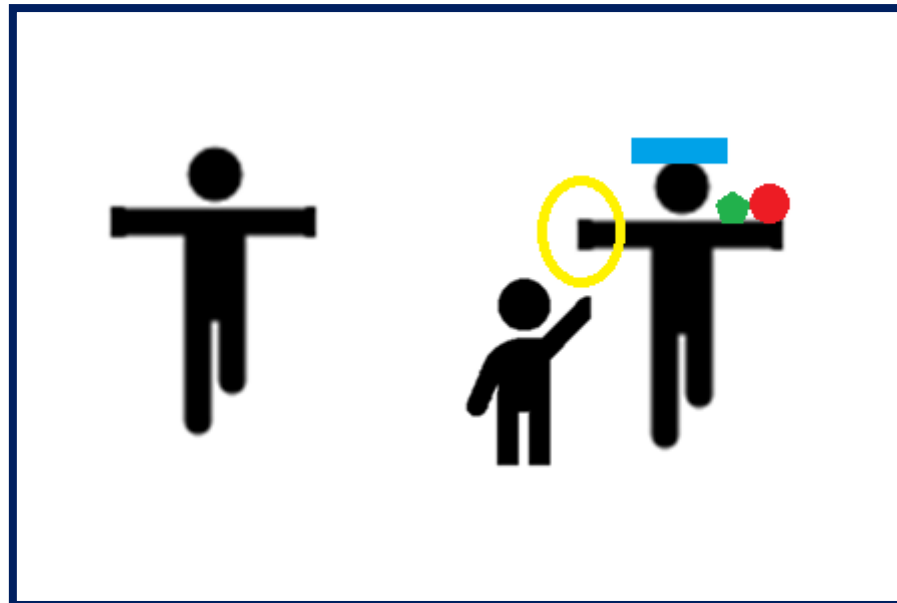
- Practise standing on one leg for 5, 10, 15 seconds
- Once you have practised, see how long you can balance for
- Try balancing on your other foot
- For the Pirate Challenge you need to ask a family member to balance different household items on different parts of your body
- Once you have been loaded with items see how long you can balance on one leg without the items falling off or you putting your other foot down!
- Ask a family member to be the pirate!

Top tips...

- Hold your arms out to help you balance
- Try to stay as still as possible
- Keep your head still and focus on a stationary point in front of you

Even more challenging...

- Increase the number of objects used in the Pirate Challenge
- Challenge a family member to see who can balance the longest
- Can you balance on your other leg?



Touch Twister

How many players?

- 1 or more players

What do I need?

- 4 different coloured cones or household objects

How to play the game?

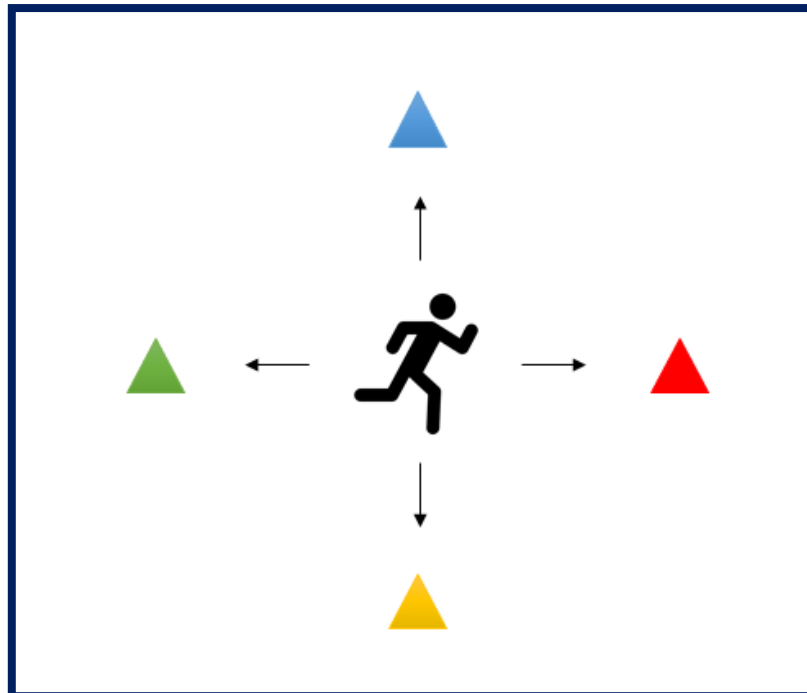
- How many parts of your body can you name?
- Ask a family member to call out a body part such as foot, hand, knee followed by a colour or object
- How quickly can you run to the object and touch it with the correct body part?
- How many items can you run to in 60 seconds?
- Once you understand the game, ask a family member to call out more than one object or body part per turn.
- How many instructions can you remember in one turn?

Top tips...

- Say the item and body part out loud to help you remember
- Be creative when thinking how to touch the cone
- Remember to slow down when running towards the object

Even more challenging...

- Move the cones or objects further away
- Add more objects or cones
- Change the layout of the objects



Dance Activities

How many players?

- 1 or more players

What do I need?

- No equipment needed

How to play the game?

- There are some great online resources to learn new dance skills!

- Active Fusion dinosaur dance KS1 lesson (20 minutes)

<https://www.youtube.com/watch?v=AnONxGehFLY>

- Go Noodle on YouTube

<https://www.youtube.com/watch?v=Imhi98dHa5w>

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

Top tips...

- Keep practising so you can learn all the moves
- Keep your energy up from the start until the finish
- Don't forget to smile!

Even more challenging...

- Can you perform your dance to a family member?
- Can you add in your own moves to the dances?
- How much can you remember without looking at the video?

