



Home Learning

PE Activities

The activities enclosed have been compiled by the Essex School Games Organisers, a combination of our own ideas and those researched.

Some activities have video links to help explain the games.

The activities are intended for your children to use daily and we hope they can be enjoyed by the whole family.

Keeping physically active, improves our health, wellbeing, and mood, so we hope your children can have a go.

The games can all be done inside, but if the weather allows, you can always go outside.

We have kept the diagrams to a minimum, so if you need to print them off, your coloured ink will not be depleted.

Please note that once the children have mastered the basic activity, they can play the game many times over, in many ways, as you will find the differentiated ideas at the end of each activity, under the STEP model.

For more activities go to the Active Essex website:

<https://www.activeessex.org/physical-activity-and-pe-at-home/>