



SPRING TERM HOME PE

Year 4

Basketball Sock Shoot Out

Throwing skills

Equipment: toy storage box or empty box, 5 pairs of rolled up socks.

How to play:

Place your target bin (toy storage box or empty box) at the end of the room against a wall.

Start by taking 5 strides back. Now try to throw your socks directly into the bucket or by rebounding off the wall.

Pick up any that miss and try again. Once successful with one hand, do the same with your other hand.

Skill Tip:

When throwing, if you use your right hand, step forwards onto your left foot. If you use your left hand, step forwards on your right foot. It helps you to balance and become more accurate.

Now try throwing from only 3 strides away using an underarm throw.

Challenges:

1. Play the game again, but this time can you throw the socks by starting with your arm above your head and throwing it downwards towards the bin. Be careful to send it gently so that the socks do not bounce out.
2. Try throwing from different angles to get into the box.
3. Make up your own way of sending the socks and teach someone else your game.

STEP

Space - make the target bigger or smaller . Change the level of the target, have it on a table or a chair.

Task – stand on one leg or sit and throw into the target.

Equipment – use a smaller target box. Throw soft toys into the target box.

People – Play against a friend. Have a goalkeeper trying to stop the socks going into the box



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Year 4

Ladder Sequence

Co-ordination skills

Equipment: 4 long towels rolled up into a log, 6 x tea towels rolled in a log to create a ladder.

How to play:

Place 2 long towels rolled up next to each other, make sure they are touching to make one long line, leave a space the width of a tea towel and place the other 2 rolled up towels next to each opposite to create another long line. Place the rolled-up tea towels across the middle to create 6 steps. You now have your very own ladder.

Go through the ladder using different footstep patterns.

1. Place 1 foot in each of the steps without touching the ladder
2. Single runs through the ladder
3. Double runs, landing with 2 feet in each of the steps (similar to high knees)
4. Hop on one leg all the way to the end, switch legs and hop back on the other foot
5. Jump with two feet all the way to the end and back again
6. Stand sideways and jump sideways into the steps
7. Stand to the side of the ladder facing forwards and step in and out of the steps
8. Hopscotch.
9. Diagonal hops
10. Be creative how else could you travel through the ladder?

Skill Tip:

When running pump your arms, don't rush take your time so you don't touch or move the ladder.

Challenges:

1. Repeat all the above 9 sequences, time yourself and see how long it takes you to complete each of the foot patterns.
2. Can you beat your previous time? Give yourself a time penalty of 0.5 seconds if you touch any of the ladder.

STEP

Space - make the ladder bigger or smaller . Change the length of the ladder or the width of each of the steps.

Task – go through the ladder using different foot patterns without touching the ladder.

Equipment – use towels and tea towels to create your ladder.

People – Play against a friend/sibling. Who can complete the ladder patterns the quickest?



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Year 4

Bottle Skittles

Aiming skills

Equipment: 6 plastic bottles, 6 pairs of socks

How to play:

Use empty plastic bottles as skittles and set them up approximately 5 meters away from where you are standing spacing them in a row of 3, 2 and then 1.

Place a marker down on the floor to create a start line to aim from. This could be a pair of socks laid out on the floor or a teddy on the floor.

Use a pair of socks rolled into a ball and try and hit as many skittles as possible.

Play with more people by playing against someone else and seeing how many throws it takes to knock all 6 of the skittles over.

Skill Tip: stand opposite arm to leg when you start.

Use your non-throwing hand to aim at the target

Challenges:

1. Fill the skittles with some water, to make them harder to knock over. You will have to throw a little bit harder to knock them over.
2. Move your starter marker further away from the skittles.

STEP

Space - make the target area bigger or smaller. Change the distance of the start line to the target.

Task – use different throws to knock the skittles over.

Equipment – use empty bottles to create skittles, rolled up socks to act as balls.

People – Play against a friend/sibling how long does it take to knock all 6 skittles down.

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Year 4

Jumping Dice

Jumping skills

Equipment: A dice

How to play:

You are going to play this game with a partner,
Taking it in turns to roll a dice.



Look at the number you have rolled and then complete the correct jumping exercises:

Roll a 1 = Perform 20 star jumps

Roll a 2 = Perform 20 tuck jumps

Roll a 3 = Perform 20 Pencil Jumps

Roll a 4 = Perform 20 jumps with a $\frac{1}{2}$ turn

Roll a 5 = Perform 20 jumps with a full turn

Roll a 6 = Perform 20 squat jumps

The first player to complete all the activities listed above is the winner.

Skill Tip:

Take your time when performing the exercises, as you may need to perform some of them more than once.

Bend your knees to soften your landing

Try and stay in the same spot when performing jumps so you land quickly on the same spot.

Keep your body long and tall when performing a pencil jump.

Challenges:

1. Give yourself a challenge to guess what number your partner rolls and if you get it correct, they then have to perform the challenge.

STEP

Space - make sure you have enough space to jump and not knock into anything.

Task - look at the number you have rolled and then complete the correct jumping exercise.

Equipment - use a dice

People - Play against a friend/sibling.



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Year 4

10 - 1

Agility skills

Equipment: A clear space

How to play:

Complete the exercises below in descending order.

- 10 x burpees
- 9 x tuck jumps
- 8 x lunges
- 7 x star jumps
- 6 x press ups
- 5 x touch your toes and jump up
- 4 x sit ups
- 3 x squats
- 2 minutes run on the spot or around the garden if space
- 1 minute plank

Skill Tip:

Go slowly through the exercises take your time and have a rest if you need it.

Think about your posture when performing the exercises- is your back straight and hips in line when you are holding a plank.

Challenge:

1. Create your own 10 exercises and get a partner/sibling to complete them.
2. Time yourself and see how quickly you can complete all 10 challenges.

STEP

Space - make sure you have enough space to perform the exercises safely.

Task – complete 10 exercises

Equipment – none just space

People – Play against a friend/sibling and create your own 10 exercises.

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Year 4

Sock Move

co-ordination/core strength skills

Equipment: 10 pairs of socks, box

How to play:

Place a pile of 10 socks on the floor in a pile.

Sit on the floor so your feet can reach the pile.

Place a box/bin/tub on the floor 2 meters away from the sock pile.

Sitting on the floor how many times can you move using only your feet from one pile to another pile in 60 seconds.

You can only use your feet.

Keep both hands on the floor.



Skill Tip:

Sit on your hands to stop you from trying to use them.

Keep those feet off the floor

If you need a rest place your feet on the floor and then continue.

Challenge:

1. Keep your hands out to the side whilst you are moving the socks, to work your stomach muscles.
2. How many socks can you move in 60 seconds?
3. Can you complete the challenge in less than 60 seconds?
4. Can you collect more than one pair at a time?

STEP

Space - make the target bigger or smaller. Place the box closer or further away from the sock pile.

Task – using just your feet pick up socks and place into a target box.

Equipment – use 10 pairs of socks and a box to move socks into.

People – Play against a friend/sibling. How can complete the challenge the quickest?

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Year 4

Indoor Golf

Accuracy Skills

Equipment: Markers (toilet rolls, tins or bottles) A ball or pair of rolled up socks per player, a frying pan, a pen and a piece of paper.

How to play:

Create your golf course by placing two markers in each room of your home. Place the markers 0.25m apart to create a gate or 'hole'.

Begin at the opposite end of the room. Using your frying pan, count how many attempts it takes for you to hit your ball through the hole.

You cannot move the ball with your hands.

Write down how many hits it took for you to get the ball through each hole and add up your total at the end.



Skill Tip:

Stand sideways onto the ball with your frying pan.

Look at the distance the ball is to the hole, think about how hard/soft you need to hit the ball to get it through the hole.

Challenge:

1. Create more holes to aim through.
2. Make the holes smaller to make it harder to aim through.
3. Place some obstacles in the way that you must work around to get to the hole, place a towel on the floor to act as the 'water' don't let the ball go into the water.
4. Can you find an object to create a tunnel that the ball must travel through before going through the hole?
5. Can you think of creative ways to move from one hole to the other?

STEP

Space - make the target (holes) bigger or smaller.

Task - stand on one leg as you hit the target. Use your weaker hand to hold the frying pan.

Equipment - use a book instead of a frying pan and try and bat the socks into the target.

People - Play against a friend. Have a goalkeeper trying to stop the socks going through the holes.



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Year 4

Sock Drop

reaction skills

Equipment: A pair of socks

How to play:

Ask a family member to hold both pairs of socks out in front of them.

You stand opposite with your hand placed on top of your head.

Palms facing the ground.

At any point, the family member can let go of the socks, one at a time and you have to try to catch them before they hit the floor.

How many times can you do this before a pair of socks hits the floor?

Skill Tip:

Keep your eyes focused on the socks and concentrate.

Stand with one foot in front of the other to help you balance.

Challenges:

1. Try using another object to catch, have you got a ruler to try and catch?
2. Stand on one leg working on your balance whilst trying to catch the dropped socks.
3. If a sock drops complete a forfeit e.g. perform 10 star jumps.

STEP

Space - make the target area where your hand is placed closer or further away from the socks . Change the object being dropped.

Task – stand on one leg whilst waiting for the sock to be dropped.

Equipment – use a ruler instead of socks to attempt to catch.

People – Play against a friend. How many can you catch within 30 seconds.



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Year 4

5 Step Stair Challenge

balancing and speed skills

Equipment: Staircase or a step

How to play:

Starting at the bottom of your staircase climb up 3 steps and down two.

ALWAYS remain facing forwards.

Repeat this until you reach the top.

- Up 3
- Down 2
- Repeat.
- Try to repeat the challenge 5 times.

If you don't have stairs can you find a step and practise step ups.

Step up with one foot, up with other foot and then down with one foot, down with the other.

How many step ups can you complete in 1 minute?

Skill Tip:

Start by facing forwards.

Use your arms to help you keep your balance and to help you move quickly.

Pick your feet up so you don't catch the edge of the stairs.

Challenge:

1. Can you repeat the challenge more than 5 times?
2. Find a partner/sibling to race against and see who can perform the routine the quickest. Time how quickly each of you can complete the challenge and see if you can beat your own score as well as there's.

STEP

Space - make the target bigger or smaller . Use just one half of the staircase to make it a smaller space or use the centre of the staircase to make it a bigger area.

Task – can you create your own sequence?

Equipment – Try the step ups challenge afterwards.

People – Play against a friend/sibling and time yourselves.



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Year 4

Word Gymnastics

Gymnastics- balancing skills

Equipment: none just space

How to play (spell a word):

Explain to your observer that you are going to balance whilst making alphabet letter shapes with your body.

Hold each balance for 5 seconds whilst the observer tries to work out the letter you are balancing in the shape of.

After you have completed all the letters in the word ask the observer to reveal the word you have spelt. Start by creating a small 2 letter word.

Skill Tip: think about your posture,
Can you point your toes?
Are your arms and legs straight?

Challenge:

1. Create a phrase for the observer to work out.
2. Create the title of a book you are reading.

STEP

Space - have you got a big enough space to hold the shapes.

Task – be creative using your body to help you create the letters. Think about making the words easier or harder.

Equipment – be creative are there any items within the house that could help you spell out tricky letters.

People – Play against a friend spelling out different words.



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Year 4

Save The Treasure

balancing skills

Equipment: 2 x cushions, objects for treasure this could be rolled up socks, teddies, tins, empty bottles or shoes. A box for the treasure to go into.

How to play:

Create a starting point this could be at the beginning of the room by a doorway.

Create a treasure chest to place the treasure into this could be an empty box, washing bin etc.

Spread treasure across the floor. Using just 2 cushions as steppingstones, don't forget to pick them up and move them so you can move along the floor.

Using just two objects (cushions) can you move without touching the floor, picking up the treasure and returning it to your starting point.

If you touch the floor you must drop the treasure and start again.

Create a scoring system so that different items = different points

Shoe = 1 point, socks = 2 points, empty bottles = 3 points.

Skill Tip:

As soon as you place down a steppingstone, place the other steppingstone close by so it's easy to move too and collect the first steppingstone.

Keep low to the floor

Look at where to place the steppingstones to enable you to get the closest treasure to where you are.

Do not carry too much treasure in one go. If you carry too much treasure, then you risk falling and losing your treasure.

Challenge:

1. Can you use different levels to get over/under objects?
2. Create yourself an obstacle course where you must go under- can you create a den you have to through?
3. Get someone to place your treasure out and time how long it takes to collect all the treasure.
4. Repeat and see if you can beat your personal best.

STEP

Space - make the target are bigger or place the treasure closer together to make it easier.

Task - set yourself a timeframe to collect all the treasure.

Equipment - use a variety of different sized objects.

People - Play against a friend/sibling