

SPRING TERM HOME PE

Year 6

Long Jump

Equipment:

A clear space free of hazards

Anything that you can use to create a marker for you to start your jumps from and some objects to measure how far you have jumped.

How to play:

Place a starting marker on the floor.

Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?



Place an object next to where you land the first time. Can you jump further with more practise? Place an object on the floor if you manage to jump further with practise and compare it to your first jump.

Top tips for jumping further - Keep your head up, swing your arms and bend your knees when you land.

<https://www.youtube.com/watch?v=Dc-yOH6VNLk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=18&t=0s>

Challenges:

Set up 3 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.

Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?

How can we use our bodies to reach the marker furthest away?

<https://www.youtube.com/watch?v=WbrMYhOusuA&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=17&t=0s>

STEP principle of coaching/teaching- helps to engage, challenge, and motivate everyone by altering one or more of the principles

Space - make the target markers further away

Task – If you have space (you may need to go into the garden/outside if it is not raining!), place down a marker at approx. 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?

Equipment – n/a

People - Have a competition against somebody else in your household.

Video - Links above

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Jump and Shoot

Equipment:

A pair of rolled up socks and a target (bowl/piece of paper on the floor)

How to play:

Place the target approximately 5 steps away from you. Try and throw your socks at target. If you are not successful, run to collect your socks and come back to where started. **You must then do five star jumps before you can throw again.** Keep doing your star jumps and trying to hit your target and collecting your socks until you are successful.

Have a few goes and see what the least number of throws is before you hit the target.



the
you

Challenge:

Every time you hit the target, when you start again, change the exercise between throws. For example, instead of star jumps can you do five squats or lunges – how many different exercises can you think of?

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Space - if the activity is too difficult, stand closer to the target (3 steps), if you are finding it easy, stand further away.

Task – time yourself! Can you complete the challenge in under one minute? Or even thirty seconds?

Equipment – Make the target bigger to make the task easier or smaller to make it harder.

People – Play with more people. Can you race to see who can hit the target first?

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First to 50

Equipment: One dice, one or more players, a pencil and paper

How to play:

Roll the dice and complete the action specified



- 1 – 1 x burpee
- 2 – 2 x lunges
- 3 – 3 x sit ups
- 4 – 4 x press ups
- 5 – 5 x squats
- 6 – 6 x star jumps

Roll the dice again and add the number to your previous roll so that you keep a running total. You may want to write down your total on a piece of paper if you think you may forget.

Continue until you reach 50. How quickly can you roll to 50?

Challenge:

Can you change the target number of exercises or create new exercises for each number?

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Space - n/a

Task – Change the number of target exercises to make it easier or more difficult – make it even harder by subtracting 5 if you roll a 5. Can you increase the number you have to get to? 60?

Equipment – To make the task harder, do not write the sums down, try and add up in your head.

People – Play with someone else and have a race to get to 50.

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Indoor Tennis

Equipment:

A tennis ball or rolled up piece of paper, a hard backed book

How to play:

Place the ball or rolled up piece of paper on top of your book – how many times can you bounce the ball on your book. Keep your eyes on the ball, how many can you do without dropping?



Challenge yourself with each try with an aim to beat your highest score.

If it is easy:

Use two hands initially then one if it gets easier.

Try a forehand then backhand

Can you change hands?

Challenge:

Once you have had some practise of the first exercise, find someone in your household to have a rally with. Try and have the longest rally that you can between you without the ball touching the floor. If it does, go back to zero and start again.

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Space - Make sure the space is big enough and clear of hazards. Stay close together initially, if you want to make it harder make the space you play in bigger.

Task – Split the middle of the playing area with a rolled-up towel, for example. Try and hit the ball so it does not land in your half of the playing area. If it does land in your opponents' area you get the point. First one to ten wins.

Equipment – Use a smaller book to make it more challenging or a bigger book to make it easier.

People – Keep challenging different players in your household, maybe you could create a tournament.

Video

https://www.youtube.com/watch?v=IvySZYSZFNY&list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&index=3&t=0s



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Balance Catch

Equipment:

A safe space, a ball (can just be a rolled-up pair of socks or a screwed-up piece of paper if you do not have one), items for balancing (anything that is not breakable!)

How to play:

2 players – one thrower and one catcher

When the catcher catches 5 consecutive throws, the thrower can place an item on the catcher, which they must balance on themselves.

Swap over if the catcher drops the ball or a balancing item falls off.

Challenge:

Count how many items the catcher can balance at one time. Who can balance the most and still catch the ball?

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Space - Stand closer if it is difficult or further away if you are finding it easy

Task – Speed up the passing of the ball between players, give the catcher 3 lives so they have more chances

Equipment – Give the catcher harder items to balance

People – Get more family members to join in

Video - No video, but please see this link for a diagram demonstration as well as lots of other dodgeball activities that you could try <https://britishdodgeball.org/wp-content/uploads/2020/03/Dodge-Five-@Home.pdf>



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Airborne

Equipment:

A ball or anything that resembles a ball, bean bags, anything that you can use to juggle that will not break if it is dropped on the floor, a clear and safe space.

How to play:

It takes lots of practise to be a good juggler, so stay focused:

Juggle with one ball – start throwing the ball from your left hand to your right hand and back again, try to throw smoothly and create an arc shape with your 'ball' in the air.

Juggling with two balls – the second ball is thrown when the first ball reaches the top of the 'juggling arc'.

Juggling with three balls – start with two balls in your left hand and one in the other. Throw the first ball from the left hand, when the first ball reaches the top of the juggling arc throw a ball from the right hand, and when the second ball reaches the top of the arc, throw the third ball from the left hand. Make sure you try and catch all the balls after you have thrown them!

Challenge:

How many throws can you do before you drop a ball?

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Space - Use the space around you whilst juggling, you could even make the arc higher and wider

Task – Progress from one ball to two balls, then three balls. Try moving forwards or backwards or sideways whilst juggling. Attempt to beat your previous personal best score of 'how many times I can juggle before dropping the ball'

Equipment – Use crumpled up bits of paper before progressing to balls. Use balloons if you have them to make the task easier as they are slower moving in the air.

People – Play independently, play in pairs (one juggles, and one gives clear instructions to help), hold a conversation whilst juggling or try and sing a song! Have a competition against a partner or other members of your household.

Video - <https://www.youtube.com/watch?v=fk4-wLZMPno>

In 2017, Alex Barron of the UK managed to set a juggling world record - getting 14 balls in the air with 14 catches. Here he is juggling 11 balls and making 33 catches – impressive! Keep practicing...

<https://www.youtube.com/watch?v=YAtR1TO8XA>

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Endurance Running

Equipment:

Anything to make two markers on the floor
Stopwatch

How to play:

The incredible Sir Mo Farah is a gold medal winner in the 5000 metres and 10,000 metres races. He ran the 5000 m race in just 12 minutes and 59 seconds.



Place two markers on the floor as far apart as you can – if you can go into the garden or outside it might be best. If not, find the biggest space in your house - set a timer for 13 minutes. Can you walk/run continuously for 13 minutes?

Some of you may be used to doing the daily mile at school too, so you will be used to getting your daily walk/run.

Challenge:

Can you aim to keep moving for the whole time? Thirteen minutes is quite a long time, can you run without walking? This may be something that you could practise every day and see if you can travel for longer each time without stopping.

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Space – If possible, go for a walk/run outside with an adult.

Task – increase the speed of your running, do not stop, or take walking breaks.

Equipment – n/a

People – Get more family members to join in, who can travel the furthest distance?

Video – Mo Farah is famous for his dance ‘The Mobot’ why not give the dance a try on YouTube - <https://www.youtube.com/watch?v=Qtk521ldp8A&feature=youtu.be>



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Speed Bounce Challenge

Equipment: Something to create a line on the floor. A rolled up towel, a ruler, a long sock – anything flat that you can jump over.

How to play:

Create a line on the floor using your equipment

Keep two feet together, bend your knees and swing your arms to jump over the line you have created and back again. Remember to bend your knees when landing and try to land on the balls of your feet. Both feet must touch each side of the line at the same time. Each jump over the middle is worth one point.

How many jumps can you achieve in 30 seconds? Have a few goes to get the highest score possible. What level below can you achieve?

Bronze – 10-20

Silver – 21-30

Gold – 31-40

Platinum – 41-50

Challenge:

Instead of a flat line, use something that is a raised. Use something that is soft so if you accidentally stand on it you will not get injured. For example, a cushion/toilet roll. How many can you do in 30 seconds now?

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Space - Stay close to the line/raised object to achieve your best score.

Task – Use a stepping action (instead of jumping with two feet) to make it easier.

Equipment – use higher objects to jump over the more confident you get.

People – Get more family members to join in- can you beat their score in 30 seconds?

Video

https://www.youtube.com/watch?v=gRRnI3vB1WI&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=13



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Sequence Champions

Equipment:

A dice

How to play:

Roll a dice to create a movement sequence - you are going to add 3 movements together.
Roll the dice 3 times to see which 3 movements you will need to perform:

Roll a:

- 1 = A star jump
- 2 = A roll
- 3 = A turn
- 4 = A twist
- 5 = A tuck jump
- 6 = A balance

Think of creative ways to link the movements. Practice your sequence and then perform!
When you finish your first movement, try and move into the next movement smoothly without pausing.
Can you keep practising to improve your sequence?

Challenge:

Once you have linked three movements together, can you add more movements to your sequence by rolling the dice a further three times? Once you have linked 6 movements together, practise and perform your routine to another member of your household. Did you manage to complete the sequence without stopping?

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Space – If you have the space, make the area you perform in as big as possible so you can experiment with travelling. If you only have a small space, challenge yourself to perform the routine in a small area.

Task – Change the movements linked to each number on the dice. You may want to make them easier or more challenging.

Equipment – Can you perform the routine to music whilst keeping in time? Could you record your routine and watch it back?

People – Can you teach your routine to somebody else that you love with and perform the routine together.



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Agility Box

Equipment:

Any four items to make a square shape
Some small objects (for example, pens/pencils)
Lots of socks.

How to play:

Activity one is the agility box. Use any four items to make the corners of a square shape and stand in the middle. Ask somebody in your household to call out the names of each item randomly. Move to touch that item as quickly as you can then retreat back to the middle as soon as possible.

Be as light as possible on your feet and move as quickly as you can whilst staying balanced.

Challenge:

Activity 2 - To make this more difficult, when a corner item is called out, grab a small object and place it in that corner (see video demonstration).

https://www.youtube.com/watch?v=gRRnI3vB1WI&list=PLYGRaluWWTTojV3An2WEgsQ4qGFy_91jDL&index=13

Activity 3 – Match those socks! See video demonstration.

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Space – To make the task easier: Use a smaller area and create a triangle instead of a square. To make it more difficult, use a larger space and a shape with more corners.

Task – To make it easier do each corner in turn instead of randomly.

Equipment – add more objects into activity 2 and more socks into activity 3!

People – Can you do each activity in competition against somebody else from your household and see who can get the fastest time?

Video -

https://www.youtube.com/watch?v=gRRnI3vB1WI&list=PLYGRaluWWTTojV3An2WEgsQ4qGFy_91jDL&index=13