

PE!

# KS1 ACTIVITY PACK



## COORDINATE WITH TEACHERS

Follow the learning plans, but have a chat with the teacher to learn what is expected of them and of you. Build a workflow that works for your child and your family.



## SET A SCHEDULE...

You may be following a lesson plan, but it's up to you and your child to set how you'll work with it. If you do have the flexibility, set up times for study and breaks at times that work with your child and family.



## ...BUT BE FLEXIBLE

Changes do happen. Even if you have lesson plans and study schedules, home school is a new scenario for many. Don't be too hard on yourself. Allow time to adjust.



## LEAN IN TO YOUR CHILD'S NATURAL INTERESTS

If your child is really engaged and self-driven on certain topics, schedule these topics during times where you can take a mental break or focus on other work.



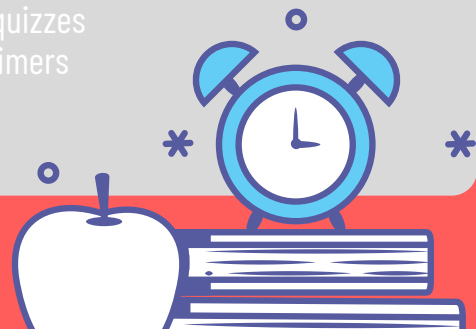
## CONNECT WITH PARENTS

Mailing lists or group chats are helpful. You can chat with parents going through home school the first time, share stories, get tips. Times may be hard but you don't have to go through it alone.



## FIND SOME ONLINE RESOURCES FOR...

- Worksheets and Activities
- Online quizzes
- Focus timers



# 100 SECOND CHALLENGE

## WHAT YOU NEED

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Outdoor space

Pencil

1. USING THE WORKSHEET, YOU ARE GOING TO TIME YOURSELF TO 100 SECONDS AND SEE HOW MANY OF THAT ACTIVITY YOU CAN FIT IN IN THAT TIME!
2. IF THERE IS AN ADULT AROUND TO HELP YOU THEY CAN HELP YOU COUNT
3. TRY THIS ACTIVITY AGAIN DURING THE WEEK TO SEE IF YOU CAN BEAT YOUR LAST SCORE!



NAME: \_\_\_\_\_

Home Room Teacher: \_\_\_\_\_

How many can  
you do in  
**100 seconds?**



Jumping Jacks



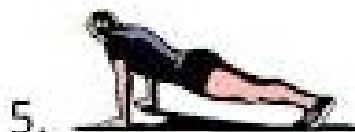
Sit-Ups



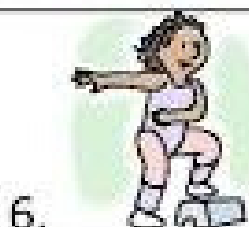
Hops



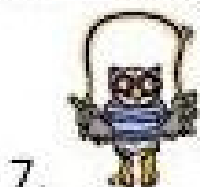
Toe Touches



Push-Ups



Step-Ups



Jump Rope

# CAPTAIN!

## WHAT YOU NEED

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**AN ADULT OR HELPER**



## INSTRUCTIONS

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**1. Ask your parent or helper to be the "captain". The captain yells out orders and the crew(you) have to follow the orders.**

**2. Here are the orders:**

**Bow: Run to the front of the boat (front of room)**

**Stern: Run to the back of the boat (back of room)**

**Port: Run to the left side of the boat**

**Starboard: Run to the right side of the boat.**

**Hit the deck: Lay down on your stomach**

**Salute: Salute and yell, "Aye, aye captain!"**

**Scrub the deck: Drop to your knees and pretend to scrub the floor.**

**Captain's quarters: Everyone ran towards the captain.**

**SHARK!: Everyone must run to a designated base. The last player to the base is eliminated.**

# LEAP FROG

## INSTRUCTIONS

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1. This fun PE game can be enjoyed by children of all ages.
2. Set out bases as 'lily pads' where you must stop on the spot until your helper/adult tells you to move again. When you get to each base, your adult/helper must do leap frog with you! If you have trouble jumping over your partner, do a couple of jump squats next to their partner instead.
3. To make the race more challenging, you could include "exercise lily pads" along the way. At each exercise lily pads, the children will have to perform a certain number of exercises. This could be star jumps, pushups, burpees, or whatever exercise you think the children would benefit from.



## WHAT YOU NEED

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**AN ADULT OR HELPER**

# FUNNY RUNNING

## WHAT YOU NEED

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Outdoor space

Speakers



## INSTRUCTIONS

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This is a super fun PE game you will love.

The objective of funny running is to get from one side of the garden/outdoor space to the other while running like an animal. You can choose a different animal for each pass, including monkeys, snakes, horses, and kangaroos.

You can also run across doing a funny dance like the Floss Dance or some disco moves. Put some catch music on and they will have the time of your lives as you exercise!

FLOSS: <https://www.youtube.com/watch?v=ru1ZZhxLX2I>

DANCE: [https://www.youtube.com/watch?v=RgAkhvJ\\_ldw](https://www.youtube.com/watch?v=RgAkhvJ_ldw)

# PHYSICAL FITNESS TRIAL

## WHAT YOU NEED

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Scissors

Glue

## INSTRUCTIONS

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1. YOU ARE GOING TO CREATE A FITNESS TRAIL FOR YOURSELF FOR THE WEEK
2. CUT OUT THE DIFFERENT ACTIVITIES AND ASSIGN THEM TO A DAY
3. GET YOUR FAMILY INVOLVED!



# On the Physical Fitness Trail



Name:

Date:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



# 2 minutes



Take the stairs  
or march in place



## 20



Jumping Jacks



## 20



Arm Circles  
(per side)



## 10



Bicep Curl with  
Cans (per side)



## 10



Squats



## 5

 Push-ups or  
Modified Push-ups

## 10



Lunges  
(per side)



## 20



Sit-ups



## 10



Side Leg Lifts  
(per side)



## 10



Leg Lifts,  
Both Legs Together

