

## KS1 PE Ideas for Home Learners


In school, the children will be working on improving their skills of balancing and jumping, as these skills form the basis of the many sports which they will play through their lives. The ideas on this document should enable your child to work on similar activities within the home/garden. We recognise that space may be a problem, but we hope these suggestions, which can be done indoors or outside, will enable you to do some PE which isn't screen based with your child!

### Warm up ideas

Warm-Up > Aerobic > Video Game

In this warm-up, you will pretend that you are a person on television! I will use my remote control to give different instructions that might make you speed up, slow down or move backwards.

- **Fast forward** = Run carefully around the space.
- **Rewind** = Walk carefully backwards around the space.
- **Pause** = Stop moving and freeze!
- **Record** = Stand still and pull a silly face.
- **Slow motion** = Walk very, very slowly around the space.



Warm-Up > Aerobic > Traffic Lights

**Imagine you are a car travelling on the road.**

Traffic lights give you instructions about how you should move, and when you should stop. I will call out a colour, and you should follow the instructions of each colour.



**Red = stop**

**Yellow = jog on the spot**

**Green = jog**


Foundation PE (Reception) Activity Beans Warm-Up Activity 2

### Activity Beans

- Tell the children they are going to be beans. Explain that they need to listen to which type of bean they will be and then move like that type of bean.
- Start off with about 3 different types of beans. This can be increased as the children get used to playing the game.
- Choose from:

<b>Runner bean</b> Run on the spot.	<b>Jumping bean</b> Moving jump.	<b>Coffee bean</b> Fast running.
<b>French bean</b> Walk up on tiptoes and say 'ooh la la.'	<b>Jelly bean</b> Shake like jelly.	
<b>Baked bean</b> Curl up very small on the ground.		

- Play the game for about 5 minutes.




Foundation PE (Reception) Colour in Motion Warm-Up Activity 3

### Colour in Motion

- Use 4 different colour cones or colour cards.
- Explain that each colour represents an action:

<b>Red</b> Jump	<b>Blue</b> Roll	<b>Green</b> Travel	<b>Yellow</b> Balance
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- You could make the actions more specific e.g. star jumps.
- Hold up the different colours and the children move in that way.
- The children keep watching to see when the colour/action changes.
- Play the game for about 5 minutes.



## Main Activities

Choose 1 or 2 of these activities to focus on over a period of one week. You might choose to do a long PE session once or twice a week, or 15 minutes every day.

## Balance Ideas

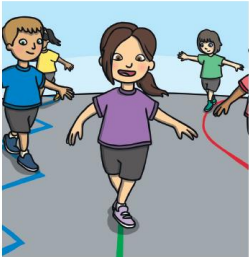
**Activity 1** > **Balance** > Tightrope Walking

**Equipment**

- Outdoor space
- Straight, curved and zig-zagged lines made by chalk or coloured tape

**Activity**

- Walk along the different lines without falling off.
- Try walking both forwards and backwards along the lines.

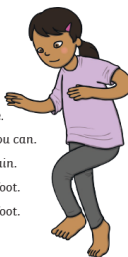


**Activity 2** > **Balance** > On Your Toes!

**Activity**

Perform all these challenges while standing on tiptoe, as high as you can.

- Walk forwards across the space in a straight line.
- Walk backwards across the space in a straight line.
- Reach your hands up high and stay as still as you can.
- Squat down, touch the ground and stand up again.
- Reach your left hand down to touch your right foot.
- Reach your right hand down to touch your left foot.
- Stand on one leg; try your left then your right.



**Activity 3** > **Balance** > Be a Flamingo!


**Equipment**

- Different coloured cones
- An item of clothing per child, such as jumper

**Activity**

1. Place different coloured cones, different chalk marks or different items around you. Tap your toe on each one as it is called out. Your teacher might call them out quickly or slowly to give you an extra challenge.
2. Stand on one leg and write your name in the air with the toes of your other foot.
3. Balance a jumper on one foot and bring it up towards your hands.
4. Place a sticker on your shoe and lift your foot towards your hand to retrieve it.

I like to stand on one leg. Try these activities while standing on one leg.



**Activity 4** > **Balance** > Jumping Beans


**Equipment**

Enough space to carry out the jumping and hopping activities

**Activity**

Jump on the spot.  
Jump as high as you can.  
Jump forwards.  
Jump backwards.  
Jump quietly.  
Jump from side to side.  
Jump as far as you can.  
Jump for 15 seconds without stopping.  
Hop on the spot.

Hop softly so you don't make a sound.  
Hop quickly.  
Hop slowly.  
Hop five times in a row and then change feet.  
Hop forwards.  
Hop backwards.  
Hop, jump, hop, jump.

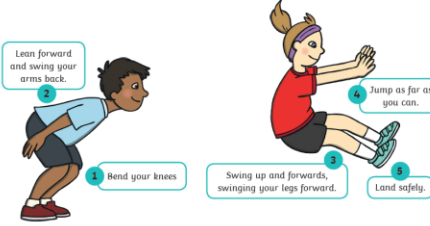


## Jumping Ideas

**Jumping for distance** – start by practising jumping for distance and landing safely.

**Skill** > **Jumping for Distance**


Jumping for distance is jumping as far as you can. You need to jump for distance during the athletics activities long jump and triple jump. It is important to land safely when jumping for distance.



1. Lean forward and swing your arms back.
2. Bend your knees.
3. Swing up and forwards, swinging your legs forward.
4. Jump as far as you can.
5. Land safely.

**Skill** > **Landing Safely**

It is important to land safely, with control after jumping so that you do not injure yourself or someone else.



1. Keep your head up and look ahead of you.
2. Keep your back straight.
3. Land with control.
4. Hold arms out in front of you for balance.
5. Bend your knees and point toes forwards.
6. Make sure both of your feet land at the same time.

You can turn this into a game by adding hoops (or chalk circles) on the floor for your child to jump from and to. You can make this easier or more challenging by moving the target circles closer or further away.

## Different types of jumps

In sport we use a huge variety of jumps. Give your child the opportunity to practise each of these different types of jump, always remembering to land safely.

Start on two feet and land on two feet.



Start on two feet and land on one foot.

(Try swapping to land on your other foot.)



Start on one foot and land on the same foot.



Start on one foot and land on the opposite foot.



Jump as high as you can.



Jump in different pathways (zigzag, curved, straight, etc).



Jump and turn in the air.



Turn these jumps into a game by placing hoops (or chalk circles) on the floor. Ask your child to move around in between the hoops until you say “island”. At this point your child moves to the nearest hoop and does 5 different jumps in and out of that hoop. Once they have completed 5 jumps, they move around again and you repeat the “island” instruction. This game works well with 1 child or more if there are siblings in the house!