

Summer 2 Week 6 PE activities

Remember to keep as active as possible; this week a variety of activities to try.

Also, remember to check out the Queensgate Website - go to the Children tab and scroll down to PE.

The BBC bitesize now has a PE Section.

Spaces Monsters

Home Physical Education



How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the space monsters (defenders).
- Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
- If you dribble around the marker and back you score 1 point. If you hit a space monster they score 1 point. The first to score 5 points is the winner.

Can you play fairly and keep the score?

Can you keep trying even if the space monsters score more points than you?

Top Tips

Dribbling: Hands

Keep the ball close to you, use the tips of your fingers.

Try not to let the bounce come above your waist and look where you are going!

Let's Reflect

What were the consequences of losing control of the ball?

Why did you need to keep the ball close to you?



Believing in every child's future

Standing Long Jump: 2

Home Physical Education

Can you encourage others to try and jump as far as possible?

How to play:

- Place a starting marker on the floor.
- 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?



Can you be positive even if someone jumps further than you?

Top Tips

Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

Let's Reflect

How did you adapt your technique to be able to jump further?

How did you feel when you achieved a new jumping distance?

Active Learning

Times Table Squats

Number
Multiplication
and division

How to Play:

- With a partner or in a small group decide on a focus times table.
- Take it in turns to squat and shout out the correct multiples in order e.g. for 5 times table; 5, 10, 15, 20, etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answers.



$$5 \times 4 = 20$$

Key Vocabulary

Multiple

A number that can be divided by another number a certain number of times without a remainder.

Gold Star

Call out the times table in a random order



Silver Star

Call out the times table backwards



Bronze Star

Complete a times table of your choice in order



National School Sports Week at Home

'Celebrating the power of sport bring people together'

Monday 22nd June: Artistic Activities

HAVE A GO AT ONE OF THE
FOLLOWING AND SEND IN
YOUR RESULTS

Cheerleading Routine

Either:

Put together a short cheerleading routine that could be used to spur participants on

Or

Create a celebration move that participants can use when they have done well.

Get a member of your household to mark your effort out of 10. Remember, it's about what you look like more than the difficulty.

Can you teach your moves to someone else?

Design a Flag/ Family Emblem or Write a Family Anthem

Design a new flag or family emblem to represent your household. Make it big enough to show off and stand out in the crowd using any materials you have.

Or

Write an anthem about your family that will make them feel proud.

Think about how you can perform it.

Send a picture or a video of your efforts

Rhythmic Gymnastics

Create a short routine of gymnastic or strength moves linked with travels that also incorporates a ball, a hoop, a ribbon or a rope. Try holding the object, throwing and catching it, rolling it or stepping over or around it. Remember to extend and stretch and keep control at all times.

Ask a member of your household to mark you out of 10 for artistic impression.

Can you teach your routine to someone else? Do you have to adapt it to suit their ability?

