

Marlcliffe Primary School

Physical Education

We understand the importance of keeping our children active at this difficult time.

Below are lots of different activities that your children could participate in at home.

We hope you and your children have lots of fun practicing the different skills and playing games both in and outdoors.

Please also visit our twitter sports page for many other ideas too...MarlcliffePS PE
@MarlcliffePe

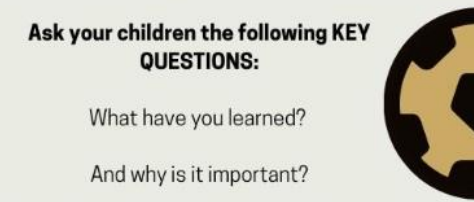
Feel free to tweet pictures or videos of our children keeping active, we do miss them!

Sheffield Schools Get Active

Active Home Timetable



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---|--|--|--|---|---|---|
| Option 1 | <p>Marathon Mondays</p> <p>Run, walk or jog for 30 mins</p> <p>Map a route around the local area- go out with your family</p> <p>Go on an outdoor Scavenger Hunt</p> <p>How many laps of your garden would it take to do 5km, 10km and a marathon?</p> | <p>Twirling Tuesdays</p> <p>Do an online Dance Routine</p> <p>Go Noodle Just Dance Oti Mabuse (Strictly) Dancing at Home Imoves- Imovement BBC Supermovers</p> | <p>Wheelie Wednesday</p> <p>Get out on your bikes, scooters or skates</p> <p>Remember to stay safe</p> <p>British Cycling- Ready Set Ride</p> | <p>Thinking Thursdays</p> <p>Active Learning at home</p> <p>Burn 2 Learn Teach Active Mighty Maths Questr Tagtiv8</p> <p>Active Story Time BBC Supermovers</p> | <p>Fitness Friday</p> <p>Undertake a home fitness class</p> <p>TV Body Coach - Joe Wicks Sheffield Physical Activity Challenge</p> | <p>Skills on Saturday</p> <p>Practice your Fundamental Movement Skills</p> <p>These include: Running, Jumping, Hopping, Skipping, Throwing, Catching, Striking an object, Agility, Balance, Coordination</p> <p>Activity Cards/ Challenges</p> | <p>Sporty Sunday</p> <p>Choose your favourite sport and practice those skills needed to become a professional!</p> <p>Most sports have videos available online</p> |
| Option 2 | <p>Motivation Mondays</p> <p>Set yourself a Personal Challenge for the week. What can you learn this week?</p> <p>Skipping, Juggling, Catching with your weak hand, beating your best score... (tap up challenges, keepie uppie challenge etc.)</p> | <p>Time Out Tuesdays</p> <p>Yoga & Active Mindfulness Activities</p> <p>Stretches- Thinking about which parts of the body you use for different exercises</p> <p>Cosmic Kids Yoga Imoves- Mindfulness</p> | <p>Workout Wednesday</p> <p>Undertake a home fitness class or Create your own fitness circuit</p> <p>TV Body Coach - Joe Wicks</p> <p>Undertake Sheffield Physical Activity Challenge</p> | <p>Team Games Thursdays</p> <p>Active Games with members of your family can be fun</p> <p>Active Monopoly Active Uno Active Snakes & Ladders Youth Sport Trust- PE at home Cards Real Play at Home with Real PE</p> | <p>Fun Time Friday</p> <p>Create your own active game- write the rules</p> <p>Chose your favourite activity of the week</p> | <p>Ask your children the following KEY QUESTIONS:</p> <p>What have you learned?</p> <p>And why is it important?</p> <p>What key words would you use to teach this to a friend?</p> <p>How does this make your body feel & why?</p> | |



Why not get your parents to tweet us photos and video updates?

@ForgeSSP
@PointsLN
@ArchesSSP
@LinksSSP
@WestfieldSGO

#SheffieldSchoolsGetActive
#StayInWorkOut



Free Websites and Apps to support with...

Mindfulness and Keeping Active



Smiling Mind

Short audio sessions to help with mindfulness.

<https://app.smilingmind.com.au/>



Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+

www.youtube.com/user/CosmicKidsYoga



BBC Supermovers

Interactive videos to support with KS1 and KS1 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.

www.bbc.co.uk/teach/supermovers



Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercise', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.

www.youtube.com/user/GoNoodleGames/featured



Premier League Stars

Videos and activities to support with Maths, Literacy, PSHE and PE.

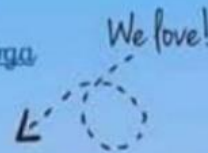
www.plprimarystars.com



Newsround

Keeping children up to date with the world around them—creating opportunities to talk about the news with children.

www.bbc.co.uk/newsround



Sports Quiz

1. Name 5 sports played with a ball/racket.
2. How many players are in an adult netball team?
3. In which sport would you use a shuttlecock?
4. What are the 4 different throwing events in Athletics?
5. In which sport can you slam dunk?
6. In gymnastics, other than straight jump, name the 4 other jumps we use?
7. Name 5 sports played without a ball.
8. Which sport can you hit a 4 or a 6?
9. How many holes are on a golf course?
10. What are the 5 colours of the Olympic rings?
11. The following words are jumbled up, can you work out what sports they are? Lafobtol
gyrbu ictkrec nadec lablsabe abdnllha
12. In which sport can you score doubles and trebles?
13. What are the 3 events in a triathlon?
14. Name 5 bones in the human body.
15. Name 2 passes we use in basketball.
16. Name the five senses that we have.
17. How many minutes is played in a football match?
18. Which sport might you see a quiver?
19. Name 3 muscles in the human body.
20. Where are the next Olympic Games to be held?
21. What was special about the Cricket World Cup 2019 final?
22. How many medals did Great Britain win in Rio 2016?
23. Which 2 sports would you find a piste?
24. Contemporary, jazz, modern and ballroom are all types of what?
25. How many milk teeth does a child have?
26. Which sport would you find a pommel horse, beam and a vault?
27. Unscramble the letters to find the fruits
pgear enmlo arresypbr apceh
28. What colour ball is worth 7 points on a snooker table?
29. Name 5 fruits or vegetables beginning with the letter C.
30. Fill in the missing letters to create a sport b_x_ng, i_e-_k_t_n_, d_vi_g

Dancing to music



Kicking a ball at a target

Balancing on your bottom



Holding a plank for as long as you can

Touching your toes



practice your skills



Handstand against a wall



Balancing on one leg or on a wall

Skipping














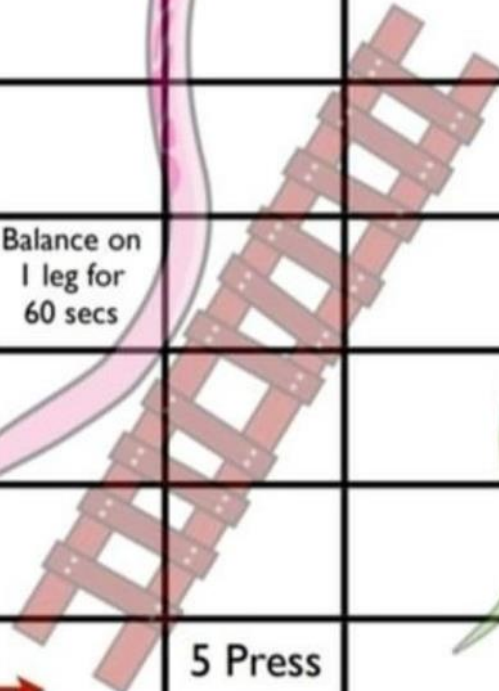






Rolling onto your back and sitting up again

the **imovement**
Powered by **imoves**

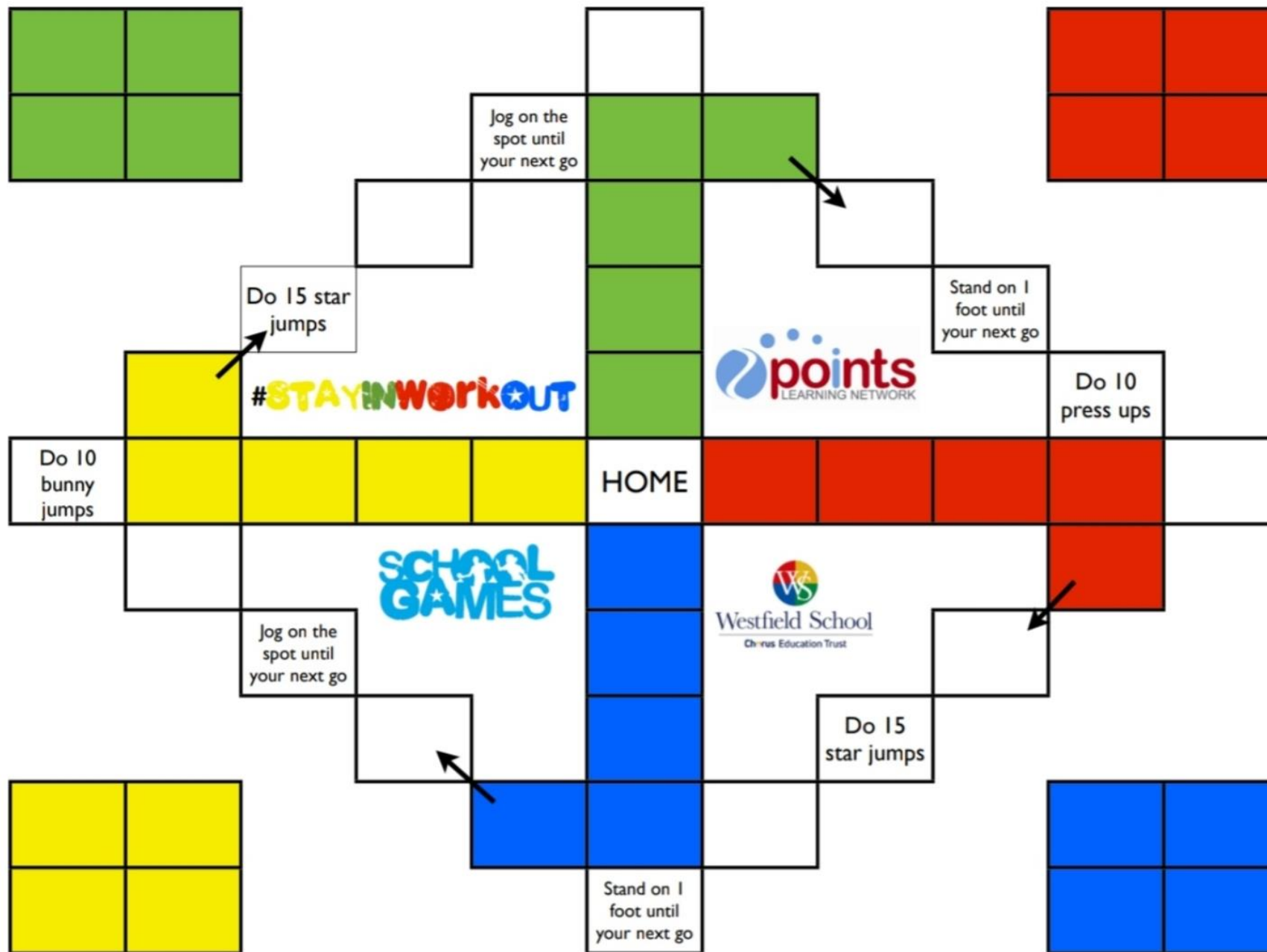


Bouncing a ball

HOW ABOUT
A PHYSICAL
GAME OF
SNAKES AND LADDERS

| | | | | | | | |
|---|------------------------------|---|---|--|---|---|---|
|  | Balance on 1 leg for 60 secs |  | | Balance on 1 leg for 60 secs |  | Balance on 1 leg for 60 secs | ↑ |
|  | 5 Press ups | | |  | | | ↑ |
| ↑ | | Balance on 1 leg for 60 secs | | 5 Star Jumps |  | | ↑ |
| | |  | | | | 5 Press ups | ↑ |
| ↑ | 5 Star Jumps | | 5 Press ups |  |  |  | ↑ |
|  | | | | | | | ↑ |
| ↑ | Balance on 1 leg for 60 secs |  |  |  | | Balance on 1 leg for 60 secs | ↑ |
| | 5 Star Jumps | | | |  | | ↑ |
| ↑ | | | | | | 5 Star Jumps | ↑ |
| Start → | 5 Press ups | |  |  | |  | ↑ |

LUDO WITH A DIFFERENCE. WHY NOT TRY THIS SPORTY VERSION!



Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

Roller Ball!

Your challenge is to make the longest roller ball run you can!
Using only the materials you can collect from around your home.
You can build it inside, outside or even from the inside to the outside!

FIRST You need to find a small ball to play with! (A marble? Pingpong ball? Golf ball?)

SECOND Choose a starting point at least 30cm above the ground, or higher if you want a harder challenge! (On a step? A garden wall? The edge of your bed?)

MATERIALS

Think about what is tube-shaped, like toilet roll or kitchen roll tubes? Poster or wrapping paper tubes?

Or things that you can roll up, like paper or an exercise mat?
Or tie into a tube, like a tea towel or blanket?

Or items that are long & level, like race track?

When you've finished, remember to wash your hands!

THIRD What will the ball drop into when it reaches the finish line? (A bucket, or a washing up bowl? A beaker, or a tupperware?)

FOURTH Now the course is set, you need to collect materials together to make your roller ball run with.

FIFTH Now you have everything, it's time to build your roller ball run!

5 IMPORTANT RULES

Nobody is allowed **to touch** the ball while it's rolling.

If the ball falls while it's rolling and touches **the ground** then it must be returned to the start.

The ball has to **drop 30cms** vertically (in mid air) on its journey from the starting point to the finish line.

Nobody is allowed to touch the materials making up the roller ball run while the ball is **rolling on them**. If your ball is stuck, you can move other bits - above or below - to try and get it moving again, but not where it's stuck.

The ball has to keep moving in the **same direction** the whole time, no turning back!

TOP TIP

Imagine your ball is like a droplet of water running right down a plant from a leaf, all the way down its stem, to the ground. Where might the water run away off course? Or fall during its journey? Do you want the droplet to run slower or faster? Do you want it to fall in a straight line or to bend? What would work best, to help it on its way?

Check with an adult which materials you can use to fix the run together and hold it in place!

Ready, Steady, Go!

Here are some examples of roller ball runs that children (and instructors) have enjoyed making...

BONUS CHALLENGE

The instructor team have been wondering... **how long** you can make your roller ball run? Once yours is working, have a go at **measuring the distance** that the ball rolls from start to finish, using a ruler or a piece of string. How far does it travel in total? Can you **add an extension** to make the distance any longer?



Good luck!



| | | | | | |
|---|--|---|--|---|---|
| Jump up and down in a space 40 times | Play musical statues | Ride a bike, scooter | Balance on a part of your body for 60 seconds | Jump or Move over a pillow 40 times | Play hide and seek |
| Hop, jump or stand on the spot for 60 seconds | Balance in a plank position | Pass a ball around your waist or head 25 times | Balance an object on your head | Keep a balloon in the air for 60 seconds | Perform 50 star jumps |
| Complete 20 shuttles (running, walking or moving) | Skip or Move for 2 minutes | Roll a ball across a table 10 times | Perform 40 of the same type of jumps | Create and complete an obstacle course | Throw or roll an object into a target 10 times in a row |
| Dribble a ball in and out of objects | Perform 40 squat jumps / sit forwards | Throw or roll a ball against a wall or with a sibling | Move and complete 10 laps of your house or garden | Perform 40 jumps | Play a new game with a sibling, parent or carer |
| Perform 30 push ups | Perform dance movements | Perform a short fitness workout | Perform 30 sit ups or lean forwards | Perform a gymnastics routine | Invent and play a new game |

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

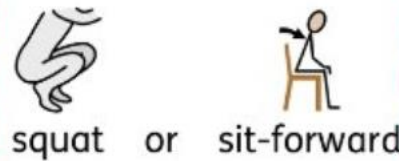
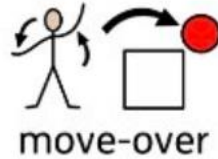
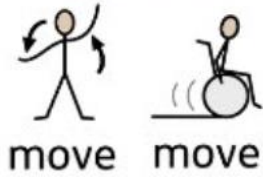
Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line





How to play:

- Once you complete a physical activity tick it off.
- If you are finding some of the activities hard, change them or have a rest and then continue.
- If you are finding the activities easier why not challenge yourself and think of ways to make them harder.
- When performing the activities make sure that you always try your hardest and have fun.

Achieve Gold 1
Complete all the activities
on the card

Achieve Silver 2
Complete a horizontal or
vertical line of activities

Achieve Bronze 3
Complete three activities
from the card

DESIGN YOUR OWN ZOO

Have you ever wondered what it would be like to have your very own zoo?
Do you think you could build your own zoo?

You can use anything you like to do this; you could draw your creation, or you could build it. You could use things like plasticine, building blocks or even use books, cardboard boxes and anything else you can find!

Ok, let's get started!

First of all, think of which animals you'd like to have in your zoo.

Useful tips: There are some important things to think about when building each animal habitat in your zoo. Have a think about your answers to the following questions to help you make some important decisions about your zoo design.

What is your favourite habitat at Chester Zoo?

Can you think of *why* that might be? Try to add your favourite features to your own animal habitats.

What type of habitat will your animal need?

For example, underwater animals will need lots of water.

What type of habitat does your animal live in in the wild?

How could you recreate this wild habitat in your zoo?

For example, if it's a rainforest animal, could you plant trees to make this habitat like a rainforest? (Take a look at our [Rainforest Animal Fact File Collection](#) or our other [rainforest resources](#) to find out more information).

Does your animal like to live alone (is it a solitary animal)?

Or does it live in a group (a social animal)?

(Take a look at our [Animal Fact Files](#) to find more information about your chosen animal).

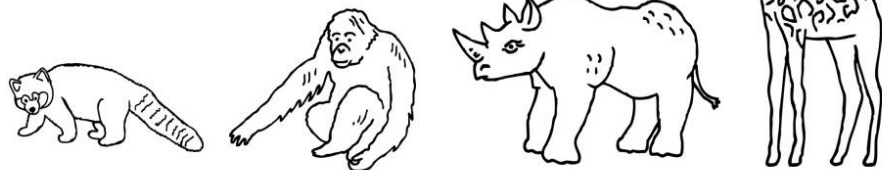
What size is your animal?

Is the space you've created big enough for that animal?

Smaller animals won't need as much space as large animals.

What will your animal need in order to be healthy in this habitat?

For example, clean water, shelter and an inside space to get warm.



NAME OF YOUR ZOO

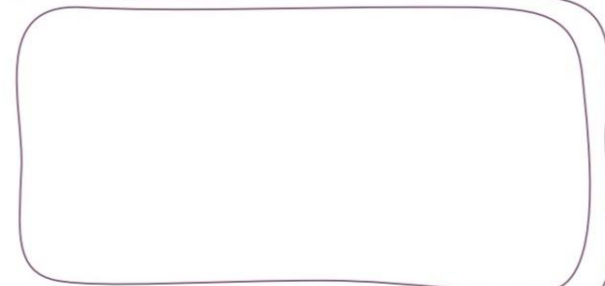
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TICKET DESIGN

PRICE

ADULT: £.....

CHILD: £.....



Draw your favourite animal here

ANIMAL TALK TIMES



Example: 10am Elephants



LEARN AT CHESTERZOO

YOUR ZOO MAP

A zoo map is really important to help your visitors find their way around your zoo. Why not draw a map of your zoo below and come up with a route that let's everyone see all of your animals.

Remember to include all of your different animal habitats.



LEARN AT CHESTERZOO

KS2 & KS3 EXTENSION ACTIVITY

Visitors: Visitors will come to your zoo to see your animals.

How can you make sure that visitors can see the animals, but without causing too much disturbance to the animals?

Enrichment: We want our animals to use their brains and keep mentally healthy. To do this, keepers add things to their environment to play with and keep them busy.

Can you add anything to your habitat that might keep your animals mentally healthy and stimulated?


Here's a photo of one of our Jaguars playing with a hessian sack full of hay and smelly herbs like lavender

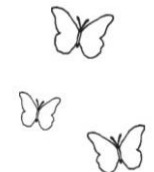
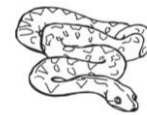
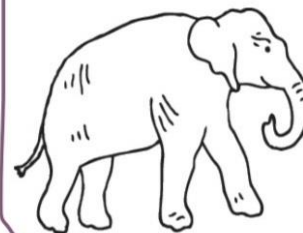


Foraging and locomotion: We want our animals to stay active and to use the senses they would use in the wild in order to find food. Sometimes our keepers will hide food in the animals' habitat for the animals to use their sense of smell to find it.

How could you feed your animals to make it a challenge for them and to keep them active?

We'd love to see your designs.

 Share your zoo with us on Twitter: @LearnatCZ





THE PE AND SCHOOL
SPORTS NETWORK

SPORTOPOLY

RULES

- Each player has a different object to use as a game piece during game.
- Roll the dice, move your piece and complete the task.
- First player to either collect 100 points or complete two different sets of colours wins.

| | | | | | | | | | | | | | | |
|---|--|--|--|--|--|--|--|--|---|---|--|---|--|--|
|  Collect 8 points as you pass | How many toilet rolls can you balance on your body  15 15 second water break | Throw an object into a target 10 times  15 15 second water break | Name 2 NBA teams that begin with the letter C  | Move forward 4 spaces  | Perform 40 squat jumps  15 15 second water break | Balance an object on your head for 30 seconds  15 15 second water break | Pass an object around your waist 25 times  15 15 second water break |  | | | | | | |
| Perform a safe pencil roll | Name 2 NFL teams that begin with the letter T  | Perform 30 push ups  15 15 second water break | Move forward 4 spaces  | Perform a safe forward roll  15 15 second water break | Jump on the spot 50 times  15 15 second water break | Balance on 1 leg and close your eyes for 30 seconds  15 15 second water break | Perform a 1 foot to 2 feet jump  | Name all 20 Premiership teams in 30 seconds  | Jump forwards and backwards over a pillow 30 times  | Keep a balloon in the air for 60 seconds  | Move forward 4 spaces  | Perform 3 different types of jumps  15 15 second water break | Perform a balance using 1 hand and 1 foot  15 15 second water break | Skip for 1 minute  |
|  SIN BIN! Move straight to SIN BIN! DO NOT PASS GO! | Perform 40 star jumps  | Wimbledon Name 2 male and 2 female tennis players in 40 seconds  | Balance on 1 leg for 60 seconds  | Perform 30 sit ups  | Move forward 4 spaces  | Jump side to side over a pillow 40 times  15 15 second water break | Perform a 2 feet to 1 foot jump  15 15 second water break | Create and perform a 2 minute dance routine  15 15 second water break |  | | | | | |