



Primary Sports and Education Home Learning pack - KS1 - Week 6

With the schools now closed, we are unfortunately unable to continue our normal Primary Sports and Education school sessions during curriculum time. Therefore, to encourage children to still go outdoors safely and experience Sports we have put together a pack.

Inside includes some **Multi-Sports** activities as well as some sport specific games also. All these games are cross curricular and will need to use their **English, Maths, Science, Art skills** as well as many more!

We are frequently posting new ideas and information on our Facebook and website if you need more inspiration for activities. If you enjoy doing these activities, please share your feedback and experiences with us - we'd love to hear from you.

Please stay safe during these activities and adult supervision is always advised.

We look forward to catching up with the children upon return to the school.

Best Regards,

Marc Troman and Primary Sports and Education Staff

COOL TO BE ACTIVE...
FUN TO BE FIT

www.primary-sports.co.uk

T: 0797 697 9202
E: marcus@primary-sports.co.uk

Reg. Co. Name: Primary Sports Education Ltd
Reg. Address: 21 Town Close, Stogursey TA5 1RN

VAT No: 183908477
Company No: 7143002

	Activities	Resources Required	Potential Risks	Impact
1	<p>Multi-Skills - Wall Reaction</p> <p>For this game, you can use with colours or numbers.</p> <p>Writing the numbers on a piece of paper and stick them onto the wall. You have a family member that calls out the number and you must react and touch the number or colour as fast as you can!</p> <p>You can start with 4 numbers or colours but if you find this too easy then you can keep adding numbers or when the family member claps, you must jump!</p>	<p>Follow the video below for a demonstration</p> <p>Pen and paper</p>	<p>Make sure you have enough space in the room and no objects on the floor or around you</p>	<p>Listening skills and following instructions</p> <p>Endurance</p> <p>Coordination with both hands and feet</p>
2	<p>Multi-Sports – Underarm Throwing</p> <p>For this activity you will need bowls/cups as well as soft items/sweets as our throwing objects.</p> <p>In this session, the child will learn how to throw underarm and using the correct technique.</p> <p>To make this harder, you can vary the distance between yourself and the target or make the targets smaller</p> <p>Please follow the link below for this task!</p>	<p>Targets and soft items to land them in</p>	<p>Make sure you have enough space in the room and no objects on the floor.</p> <p>Take this outside if you have the space!</p>	<p>Listening skills and following instructions</p> <p>Coordination with both hands and feet</p> <p>Accuracy</p> <p>Resilience – You will not get it on the first go!</p>
3	<p>Fitness - Hopscotch Fitness</p> <p>You will be playing hopscotch!</p> <p>You can do this on the pavement outside of your house. You can make the numbers and area as big as you like! All you need is some chalk to mark the area before you can begin.</p>	<p>Chalk and a pair of socks</p>	<p>Would be best for this to be played outside</p>	<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Posture</p> <p>Cross Curricular Maths</p>

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	<p>You take some socks and throw them towards a number. Whatever it lands on, you do hopscotch and retrieve the number and go back the same way you came and then you do as many shuttles to the number.</p> <p>So, if I landed on 10, I would do 10 shuttle runs back and forth.</p> <p>See the video below for a demonstration!</p>			
4	<p>Multi Skills – Jumping</p> <p>This activity requires some markers, you can use everyday household objects to jump over as long as they're safe!</p> <p>Follow the video below and join in with Mr Hooper!</p>	Objects as markers	<p>Would be best for this to be played outside or in a large room</p> <p>Remove anything that can be knocked over or broken</p>	<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Stamina</p> <p>Posture</p>
5	<p>Volleyball – Volley</p> <p>In this video you will be learning a key volleyball technique!</p> <p>How to volley the ball. This session is differentiated for both KS1 And KS2</p> <p>Please follow the video below as it is very in depth and a great skill to practice!</p>	Requires a ball and an outside space	Needs to be played outside or away from anything breakable	<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Stamina</p> <p>Posture</p>

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English	Activities	Resources Required	Potential Risks	Impact
1	<p>Making History</p> <p>We are all living through the most challenging times since the World Wars. During those wars, people kept diaries to look back on and remember what it was like during those periods.</p> <p>You may have heard of Anne Franks Diary. This is now one of the most important records around that period about the standard of living and the impact the times had on everyday life.</p> <p>Your task is to create your own diary during the lockdown period. You can include your thoughts and feelings but most importantly, take note of the impact on your families. What changes have been made? What happens in everyday life?</p>	Anything you would Like!		<p>Diary Writing</p> <p>Writing for a purpose</p> <p>Emotive Writing</p> <p>Empathy</p>

Maths	Activities	Resources Required	Potential Risks	Impact
1	<p>Bird watch</p> <p>Your task is to Lay outside for 15 mins and see how many birds you see! You must keep count and create a tally of each days of the week to work out which days were the most popular for the birds!</p> <p>If you want a challenge, then then keep count when you are out for a walk!</p>	Pencil, Paper	Tripping when walking. Cars.	<p>Working on counting numbers</p> <p>Reading numbers</p> <p>Recognising bigger and smaller numbers</p> <p>Recording and analysing data</p>

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	If this is too easy then you could use these umbers and turn them into a bar chart or a pictogram!			
2	<p>Master Chef Maths Challenge</p> <p>Practice measuring quantities of ingredients. Can be anything you like!</p> <p>Their task is to read the scales in grams or KG if you have bigger scales.</p> <p>Same with Millilitres and Litres</p>	Anything you would like!	Indoor activity	Measurements – Reading scales
3	<p>Drinks Challenge</p> <p>Estimate how many drinks you have on one day.</p> <p>And then your task is to estimate how many drinks you would have in a week. Keep track of each drink you have by using a bar chart.</p> <p>By the end of the week, see how close you were to your estimate!</p> <p>If you want an extra challenge, then see if you can do this for an entire month!</p>	Pen and paper	None	Bar charts Addition Estimations Multiplication

Health and Wellbeing	Activities	Resources Required	Potential Risks	Impact
1	<p>Menu Creation</p> <p>Your task is to create a menu for the day. This menu must include your Breakfast, Lunch and Dinner.</p> <p>If you would like, then</p>	Anything you like	Must always be supervised by an adult.	Healthy eating Cooking skills Independence Learning food groups

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	<p>you can also include snacks or any small bites!</p> <p>Next to each meal, you must be able to identify which food groups you have used.</p> <p>Please use the table below to identify the food groups used.</p>			Design and technology
2	<p>Master Chef</p> <p>You have made your menu, now you need to get the ingredients for one of the meals from your menu and make it!</p> <p>If you have chosen to put cereals on your menu then this does not count as cooking! We expect you to make your meal from scratch!</p> <p>Once you have made your food, taste it! Analyse it! What could we do differently to improve for next time?</p>	Anything you like!	Must always be supervised by adults	<p>Healthy eating</p> <p>Cooking skills</p> <p>Independence</p> <p>Learning food groups</p> <p>Design and technology</p> <p>Analysing</p>
3	<p>Helping others</p> <p>This task is about helping and supporting others.</p> <p>When we help other people, it gives us a sense of accomplishment and joy when helping others.</p> <p>It could be simple tasks such as helping your parents with the dishes or even creating a poster to show support for the NHS</p>	Anything you need	<p>Too many smiles! Or may be suffocated from all the hugs and kisses from mum and dad!</p>	<p>Empathy</p> <p>Self-worth</p> <p>Selfless acts</p> <p>Appreciation</p> <p>Gratitude for others</p>

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	or other Key Workers.			
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Primary Sports Video references

Wall Reaction

<https://www.facebook.com/442439562591945/videos/239793803754481/>

Underarm throwing

<https://www.facebook.com/primarysports/videos/283096539354219/>

HopScotch

<https://www.facebook.com/442439562591945/videos/633460057237272/>

Jumping

<https://www.facebook.com/442439562591945/videos/517049515641598/>

VolleyBall

<https://www.facebook.com/442439562591945/videos/318479689122181/>

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Five food groups

starchy
carbs



Give us energy



fruit
& veg



Contain vitamins
and minerals to
keep us healthy



dairy



Contains calcium
for healthy teeth
and strong bones



protein



Helps muscles
to grow
and repair



fats



Fat helps keep our
organs safe. Too
much of it can be
bad for your health



Make sure you eat from all 5 food groups!

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