Primary Sports and Education Home Learning pack – KS2 – Term 6 Week 5

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

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	Activities	Resources Required	Potential Risks	Impact
1	**HIIT (High Intensity interval training)** Watch the video below https://www.facebook.com/primarysports/videos/643800436209974/ Do all the exercises you see as fast as you can for 30 seconds. Then have a 30 second rest between each exercise. Then after a 2-3-minute rest, repeat the process.	N/A	Make Sure you do this on a flat, even surface.	Improve general fitness.
2	SAQ Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. Your parent gives the following instructions with each being completed for 60 seconds with 30 second move on the spot interval periods between each task. The tasks are: **SAQ:** Focusing on Speed, Agility and Quickness**.** **Ladders:** Focusing on one, or both feet in each department also looking for the use of arms. **Slalom:** Focusing on sideways movements in a low position. **One footed hops:** Focusing on balance, power coordination. **Turning and sprinting:** Children start by sitting down and then stand up and sprint forwards focusing on quick, dynamic movements at a fast pace.	Cones	Make sure you are in a big space.	Tests children's speed and agility.
3	***Reactions*** With sticky notes, put up the numbers 1-10 on a wall all spread out and random. Stand 3 metres away facing a wall. Your partner/sibling/parent etc will call out one of the numbers and you have to run towards that number, touch it with your hand and then run back to your start position. Do this about 10-15 times. To make it harder, randomise the numbers and start by facing away from the wall so on the shout, you have to turn, sprint then touch the number. Now have a large soft ball in your hands. Using the same wall and numbers, have your partner call out a number, then you throw the ball at that number and try to catch it as it comes back to you.	Large ball. Sticky labels, pen	Make sure you are in good space	Tests children reactions.
4	Skill games Set up 5 hoops about 1-2 metres apart and stand approximately 2 metres away from the hoop that is closest to you. Throw the beanbag into the hoop that is closet to you. As soon as you get the beanbag in, you can move onto the next hoop back and attempt to throw the beanbag into that hoop. You cannot move onto the next hoop until you get the beanbag into the hoop you are on. Time yourself to see how long it takes you to get the beanbag into all 5 hoops.	Hoops and beanbags	Ensure that you are in a clear space when throwing and use safe targets.	Tests aim, hand eye co-ordination and throwing skills

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5	**Bounce hit catch:** You will need to have a partner with you (sibling, parent etc) practising hitting the forehand stroke to each other having one bounce before they catch it. Repeat process. When confident progress so there is no catching and you are rallying against each other only using the forehand stroke. **Keepy-up tennis:** As individuals you practise how many times, you can hit the ball up in the air without the ball bouncing using the forehand grip. Progress to bouncing the ball on the floor and then alternating whether they bounce the ball on the racquet in the air or on the floor. **Forehand slalom:** Set up a line of cones. weave in and out of the cones only using the forehand position. Add a competitive element by making it a race against another person, or you can time yourself to see how quickly you can do this in. Introduce a rule that if you drop the ball, you have to start again which will lose valuable time.	Tennis Racquets and balls	Ensure you are in a clear space when playing	Tests hand eye co-ordination .

English	Activities	Resources Required	Potential Risks	Impact
1	**Sports Hangman** Get your parents to think of a sport, sports teams, stadium etc. They draw a number of dashes equivalent to the number of letters in the word. If you suggest a letter that occurs in the word, your parent fills in the blanks with that letter in the right places. If the word does not contain the suggested letter, your parent draws one element of a hangman's gallows. As the game progresses, a segment of the gallows and of a victim is added for every suggested letter not in the word.	Pen/pencil and paper. Colouring pens/pencils	N/A	Gets children practicing spellings.
2	**Sports Diary** Design and make a 'sports diary' and keep track of all the exercise you are doing! It can be as colorful and creative as you like, just make sure you have space for the day and the date and room for a small paragraph describing what you have been up to.	Anything you need!	Uneven surfaces, moving around outdoor setting.	Children to engage in story telling using the outdoors.
3	**Famous Sportspeople.** With which sports are the following people most associated: Mo Farah Pierre Emerek Aubameyang Dylan Hartley Ben Stokes Johana Konta Lennox Lewis What do these sportspeople all have in	Pen and Paper	**N/A**	Gets children to practice spelling and problem solving

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	common? (We will be VERY impressed if you know this)!!!			

Maths	Activities	Resources Required	Potential Risks	Impact
1	**Sports Emoji Challenge** Watch the video below: https://www.facebook.com/primarysports/videos/2738014583190485/?__tn__=kC-R&eid=ARBkWGRCsmqvLkGK3AWgh_L0l7wNVo-fm-1TxDR0e_8afvoKu5nga4jsEMTsYL5VXAwD6r2e5VhFDtj1&hc_ref=ARS0p7TNtcf-tt3wcgdOHvbBKfYaM_q2TmH4ngRVixb23cGP2Z3lJFRWo3OVjR7DmmY&fref=nf&__xts__[0]=68.ARBGe9ksBCtQ3dDWLvFh5VXtYBnQcrY6NaSmop-vtzkQPYrrsrS1Oi_4g411dSkVs-wre2kIW1ZSPuU1aIddOK_pW1wNqXAgYPak5l2gV_EYXh5LyzovN4iGj4jWFlDFS-zaAczR0LL6L-5aQZaK9UC4nN7t2q81GyIY_GJedVFhJlGVoEkKqt5iolRrKPy1bnfVJjJvJ9K8IxgCGzs10uLshbeWqMSJAG0L5-6JePyo4FUg0bJ_wIcAWGPHZdmK5FxAZHs6zu0Fv8a9f8Pa2FL6yz0-1qie2LQGxXIjP607ECMvfw_yAvLyu_G6uTmtT3VDQQkqwD2hawA2xfROV3Tjx146ong2O-Zc9A Try to guess the emojis linked to either a sport, common sports phrase or sporting hero.	N/A	**N/A**	Gets children into problem solving.
2	**Players in teams:** How many players make up the following sport teams? Rugby Union Cricket Netball Volleyball Rounders Basketball	N/A	N/A	**Children find out that different sports have different numbers of players.**
3	**Touches** Watch a football match and at the beginning pick one player of your choice (your favourite player if they are playing). Count how many times they touch the ball in the first half. In the second half, pick a different player and count how many touches they have. Did they have more or less touches that the player you chose in the first half?	Pen and paper	**N/A**	**Gets children learning that different play**

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	If they had more or less, think about why this is. Is it the position they play in? Is it because their team is more or less dominant? Is it something else?			**ers have different touches of the ball.**

Health and Wellbeing	Activities	Resources Required	Potential Risks	Impact
1	**Heart rate and exercise** Watch the video below. https://www.facebook.com/primarysports/videos/2652616125001176/ Take your heart rate before doing any kind of exercise (resting heart hate). After doing this, do some low intensity exercise i.e. a walk or cycle then take your heart rate again and see how it changes. After a small rest, do a higher intensity work out i.e. a run, press ups, sit ups etc. Again, take your heart rate and see if it changes	Stopwatch	When exercising, ensure you are wearing suitable footwear	**Children to find out what happens to the heart before and after exercise.**
2	**Heathy Eating Diary** Keep a diary of what you eat in a week. Make 2 columns (Red and Green) Put the healthy foods you eat in the green column and the unhealthy foods in the red column. Are you eating more healthy foods? Compare it to what you ate last week, were you healthier or unhealthier?	Pen and Paper	**N/A**	Children to learn about healthy eating
3	**Squat Challenge** Watch the video below https://www.facebook.com/primarysports/videos/1152277735130587/?eid=ARBSwVt_B2FNCiEW15DJkrZutbhcVtTKEIXwYzqDLA10O80u9APP_ji152FyrUTqGet5JMnL_YwVSa0l See how long you can hold the squat for. Challenge family and friends to see who can hold the squat the longest.	Stopwatch	Flat surface for back.	Children to improve core stability.