

P.E Activity Ideas for Year 1

Week Beginning 08.01.21

BLOCKBUSTERS

WHAT'S REQUIRED:

THE NUMBERS 1 – 9 WRITTEN ON SEPARATE PIECES OF PAPER AN ADULT TO CALL INSTRUCTIONS

HOW TO PLAY:

ARRANGE THE NUMBERS ON THE FLOOR LIKE THE KEYPAD OF A PHONE. ASK AN ADULT TO CALL OUT NUMBERS TO DETERMINE YOUR ROUTE. FOR EXAMPLE: 1, 4, 8, 9, 6, 3. YOU MUST ONLY TREAD ON THE NUMBERS THEY HAVE CALLED!

PROGRESS:

ADULTS CAN CALL THE NUMBERS IN A RANDOM ORDER TO MAKE IT MORE DIFFICULT – YOU MIGHT HAVE TO JUMP OR STRETCH!

TRY HOPPING OR BALANCING AN ITEM ON YOUR HEAD!

JUMPING JACKS

WHAT'S REQUIRED:

4 ROLLED UP T-SHIRTS

HOW TO PLAY:

ASK AN ADULT TO HELP YOU ARRANGE 4 ROLLED UP T-SHIRTS ON THE FLOOR TO CREATE YOUR JUMPING SQUARE. CAN YOU COMPLETE THESE DIFFERENT TYPES OF JUMP INTO YOUR SQUARE?

TWO FEET – TWO FEET
TWO FEET – ONE FOOT
ONE FOOT – TWO FEET
ONE FOOT – ONE FOOT

REMEMBER TO BEND YOUR KNEES, KEEP YOUR HEAD FACING FORWARD, FOCUS ON YOUR TAKE OFF AND LANDING.

PROGRESS:

TRY MAKING DIFFERENT SHAPES WITH YOUR BODY WHEN YOU JUMP – A STAR, A PENCIL, HIGH KNEES.

NUMBER CRUNCHER

WHAT'S REQUIRED:

THE NUMBERS 0 - 9 AND SYMBOLS + (PLUS) - (MINUS) = (EQUALS) WRITTEN ON SEPARATE PIECES OF PAPER AN ADULT TO CALL OUT SUMS

HOW TO PLAY:

PLACE YOUR NUMBERS AND SYMBOLS ON THE FLOOR LIKE THE FACE OF A CALCULATOR. THE ADULT CALLS OUT AN EQUATION, FOR EXAMPLE: $3 + 6 = ?$ USE YOUR FEET TO TAP THE EQUATION AND THE ANSWER INTO YOUR IMAGINARY CALCULATOR BY JUMPING ON THE NUMBERS FOR THAT MANY TIMES. SO USING THE EXAMPLE ABOVE, YOU WOULD JUMP THREE TIMES ON THE NUMBER THREE, ONCE ON THE + SYMBOL, THEN 6 TIMES ON THE NUMBER SIX, ONCE ON THE = SYMBOL AND THEN NINE TIMES ON THE NUMBER 9 WHICH IS YOUR ANSWER.

As we are learning about time this week you could time yourself doing different activities.

1. How many times can you run up and down the stairs in 5 minutes?
2. How many star jumps can you do in 2 minutes?
3. How long can you stand on one leg?
4. How many times can you throw and catch a ball in 1 minute?
5. Make up your own timed activity.

You could try learning new dance. Use this link to learn an African dance using the clock face.

<https://www.youtube.com/watch?v=Ewqg-3xJFdI&t=156s>

Or perhaps just some TIME out with a peaceful meditation using the link below.

https://www.youtube.com/watch?v=9_vEZTrmtyA