

P.E Activity Ideas for Year 1

Week Beginning 01.03.21

DRESS UP OBSTACLE

WHATS REQUIRED: 8-10 DIFFERENT ITEMS OF CLOTHING (T-SHIRTS, SCARF, GLOVES, HAT, SOCKS, SHORTS, DRESSING GOWN, SUNGLASSES) AN ADULT TO CALL OUT INSTRUCTIONS

HOW TO PLAY: PLACE YOUR ITEMS OF CLOTHING IN A CIRCUIT AROUND THE ROOM. RUN TO THE FIRST PIECE OF CLOTHING – PUT IT ON AND CHOOSE A DIFFERENT WAY OF TRAVELLING TO THE NEXT ITEM (HOP, JUMP, SKIP, SIDE STEP ETC – ASK AN ADULT TO PROMPT YOU IF YOU NEED SOME HELP). THE OBSTACLE COURSE IS COMPLETED ONCE YOU HAVE COLLECTED AND ARE WEARING EVERY PIECE OF CLOTHING!

PROGRESS: TIME YOURSELF AND TRY AND BEAT YOUR TIME!



ZONE ATTACK

WHATS REQUIRED: A BALL (OR ROLLED UP PAIR OF SOCKS) SKIPPING ROPES/DRESSING GOWN BELTS/ROLLED UP TOWELS TO CREATE 3 DIFFERENT ZONES A SQUARE, CIRCLE AND TRIANGLE DRAWN ON SEPARATE PIECES OF PAPER

HOW TO PLAY: MARK OUT 3 ZONES USING THE SKIPPING ROPES / DRESSING GOWN BELTS AND PLACE ONE OF THE SHAPES IN EACH ZONE. SCORE POINTS BY THROWING THE BALL IN THE DIFFERENT ZONES OR HITTING A TARGET:

ZONE 1 = 1 PT	ZONE 1 TARGET = 5 PTS
ZONE 2 = 2 PTS	ZONE 2 TARGET = 10 PTS
ZONE 3 = 3 PTS	ZONE 3 TARGET = 15 PTS

HOW MANY POINTS CAN YOU SCORE?



CHARADES

WHATS REQUIRED: PAPER AND PENS AN ADULT OR SIBLING TO PLAY WITH

HOW TO PLAY: CREATE A SERIES OF CHARADES CARDS BY WRITING DOWN DIFFERENT SPORTS OR ACTIVE VERBS ON PIECES OF PAPER, FOR EXAMPLE: SWIM, DANCE, SERVE, SQUAT, JUMP, SKIP, JOG, ROWING, BASKETBALL, GOLF ETC. SELECT A CARD BUT DON'T SHOW YOUR OPPONENT – USE MIME TO ACT IT OUT AND SEE IF THEY CAN GUESS WHATS ON THE CARD!

PROGRESS: HOW MANY CHARADES CAN YOU PERFORM IN 60 SECONDS? TRY AND BEAT YOUR BEST SCORE.



As we are learning about time this measuring. You could try some of these activities.

1. Measure how far you can jump using a non standard measurements like hands, then measure using a ruler.
2. Lift a bag of sugar above your head 4 times. Swap hands.
3. Lie face down on the floor, hands beneath your shoulders and toes tucked under. Have a **tin of beans** ready next to your right hand. Push up into a press-up position, then lift your left hand off the floor, reach round and grab the **beans**, and drag them across to the left to where you'll soon put your left hand back down. Repeat 3 times.
4. Design your own lifting exercise using an object you have at home.

Or perhaps just try some Yoga.

<https://www.youtube.com/watch?v=ERgl6n-Th6M>

