

ACTIVE FUSION PE FROM HOME

How many players?

- All activities can be completed individually but you may need help from a family member to call instructions or to help you set up.

What do I need?

- All activities can be done with objects you will have at home.
- You will need to find a clear space inside or outside.

What is included in your pack?

- Activities for you to try with different levels of challenges
- The activities focus on developing your throwing, catching, speed, agility, balance, and coordination
- All the activities are suitable for your age, but you can make them harder with our challenges!
- Each card will tell you how to do the activity, and has a video link (QR code) to a coach showing you the activity and some top tips
- We would love to hear from you to tell us how you're getting on with PE at home or show us by sending your videos to info@activefusion.org.uk

Top tips...

- Try to spend 10-15 minutes on each activity
- Try to be active for at least 60 minutes a day
- Try your best at each activity and ask for help if you need some!

Remember to review your lesson like you would at school after you have tried an activity!

Tell a family member the following after each activity:

- What did you do well?
- What did you enjoy?
- Is there anything you could do even better next time?

If you have any ideas how we can improve the activities, or if you have created your own activity please share your ideas with us.



Challenge...

- Can you challenge another family member to be active with you?
- Can you be creative and make your own challenges?
- Can you try each activity more than once?



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 YouTube

SCHOOL GAMES

The Bucket Challenge

How many players?

- 1 or more players

What do I need?

- Bucket or target
- Small toys/ ball (something to throw into the bucket)

How to play the game?

- Can you throw your item and land it on the target?
- Remember to look at the target and use your non-throwing arm to aim
- Once you have practised and feel ready to take on the challenge ask someone to time you
- How many items can you get in the bucket in 1 minute?
- Can you challenge a family member to a competition to see if they can beat your score?
- Can you complete the challenge by throwing with your left and right hand?
- Can you complete the challenge while trying to balance?
- Can you create your own challenge and take on an opponent?

Top tips...

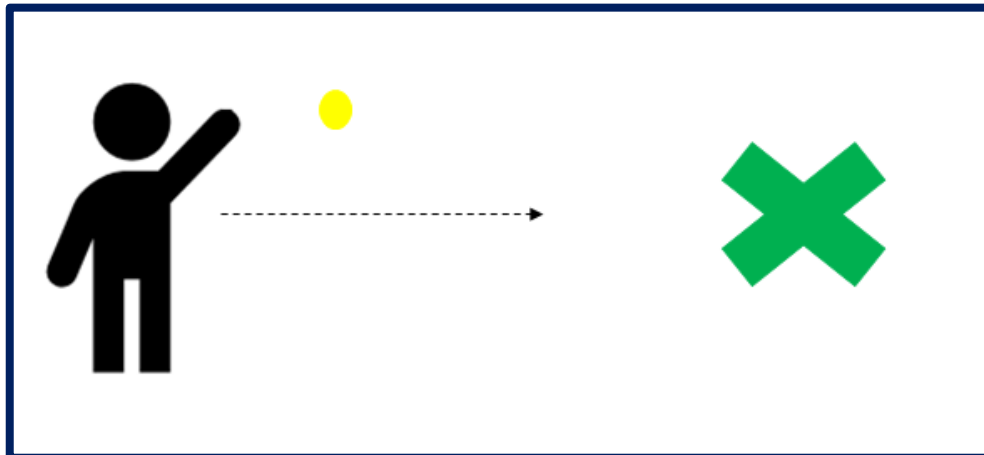
- Take your time when throwing your objects
- Look at the target when throwing
- Which throwing techniques work best for you?
- Practise for as long as you need before taking on a challenge

Even more challenging...

- How quickly can you get all the items into the target?
- Can you move the target further away?

Easier challenge...

- Can you move the target closer?
- Can someone hold the target for you?
- Can you use a bigger target?



Boccia

How many players?

- 1 or more players

What do I need?

- An item to act as a jack (soft toy)
- Household items to throw (washing pegs, soft toys, rolled up socks)
- Cones or objects for markers

How to play the game?

- Throw your jack into the playing area
- Aim to throw all your objects as close to the jack as you can!
- Remember you must be behind the throw line when throwing
- Can you add scores to your game? E.g. if you hit the jack, you get 10 points!
- Can you challenge someone to a game?
- When challenging an opponent take it in turns to aim for the jack
- Who can get their item closest to the jack?
- Can you create a scoring system when playing against an opponent?

Top tips...

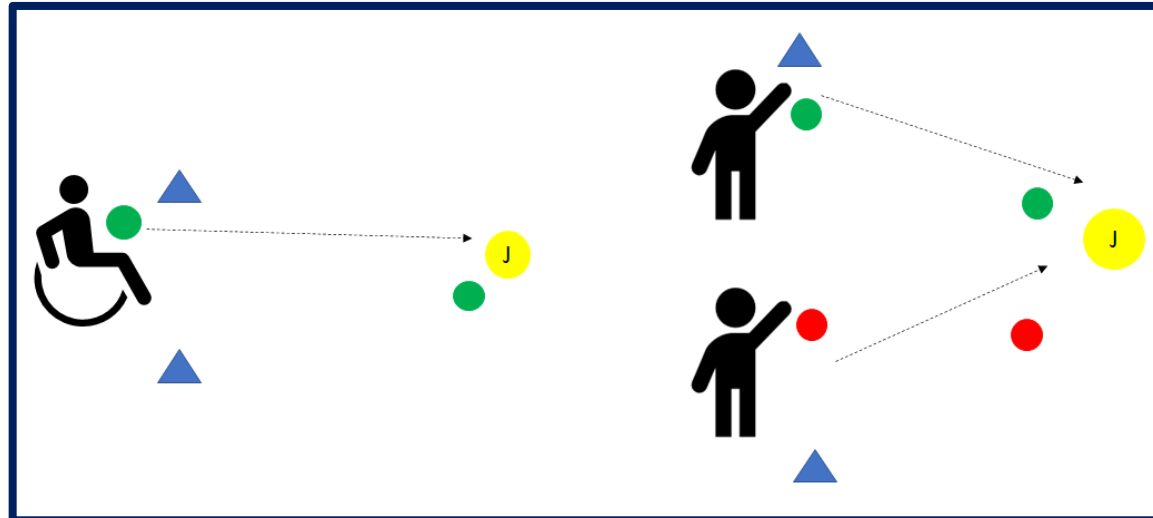
- Look at the target when aiming and throwing your item
- Practise throwing before you start scoring
- Make sure you don't throw the jack too far!

Even more challenging...

- Can you use your other hand?
- Can you throw while trying to balance?

Easier challenge...

- Make the playing area smaller
- Move the jack closer to the throwing line



Pirate Ships

How many players?

- 1 or more players

What do I need?

- 4 different coloured cones or household objects to use as markers

How to play the game?

- Ask someone to call out the points on the compass
- Can you move to them and remember where they are?
- Practise the following commands so you can perform the actions during the game:
 - Scrub the decks – pretend to scrub the floor
 - Climb the riggings – pretend to climb riggings
 - Captain's cook – pretend to be sick
 - Captain's coming – salute and say "Aye Aye Captain"
 - Walk the plank – pretend to walk the plank
- You are now ready to play the pirate game!
- Ask someone to call out points on the compass and instructions then move to them to perform the commands.

Top tips...

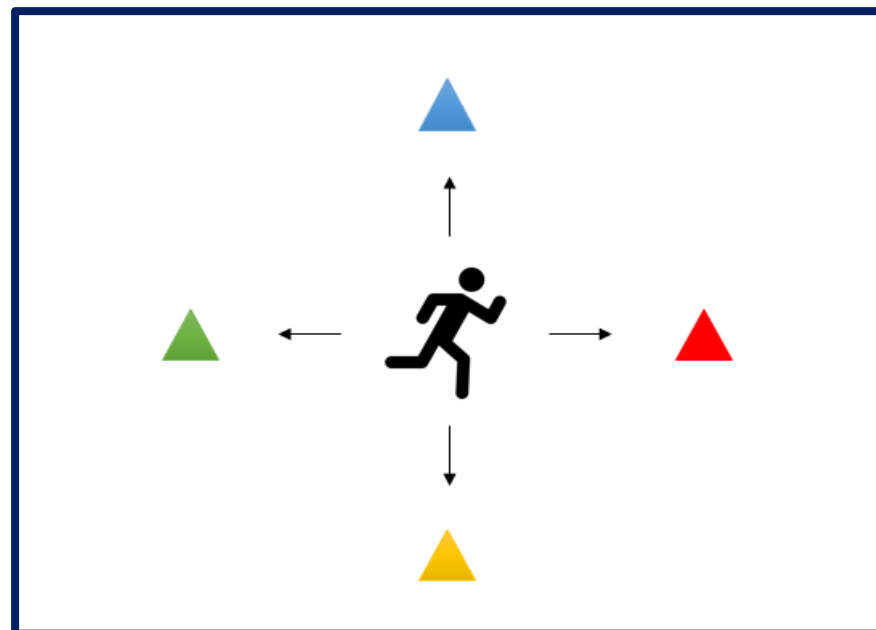
- Try to remember the points on the compass by the colour of the item
- Be creative with your pirate movements
- Do you have any pirate items at home you could add to the game?

Even more challenging...

- Can you remember more than one instruction?
- Can you create your own pirate actions?

Easier challenge...

- Use the colour of the marker instead of N,S,E,W
- Can you perform the actions seated and point to the points on the compass?



Individual Catching Challenges

How many players?

- 1 or more players

What do I need?

- A ball, beanbag, rolled-up pair of socks or a ball made from foil
- Cone or household object

How to play the game?

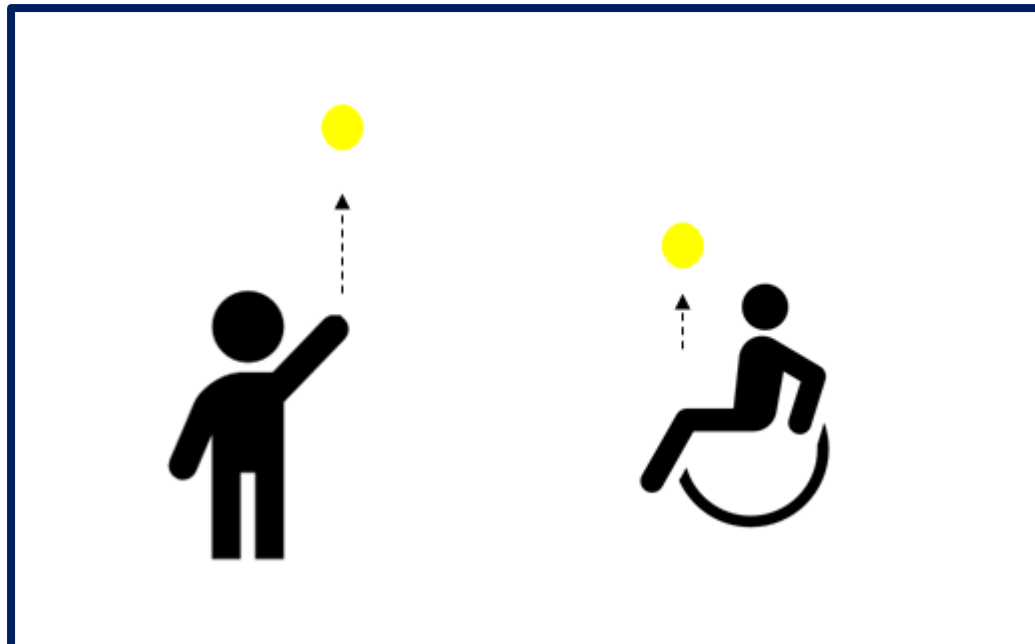
- How many challenges can you complete?
- Challenge 1- Can you catch your ball or object with 2 hands?
- Challenge 2- Can you clap before you catch your ball or object?
- Challenge 3- Can you balance and catch your ball or object with 2 hands?
- Challenge 4- Can you throw the ball up and turn around before you catch it?
- Challenge 5- Can you throw the ball up then catch it, turn and move around a cone and back again?

Top tips...

- Create a catching basket with your hands
- Keep your eyes on the ball or object
- Don't throw your ball or object too high

Even more challenging...

- Can you clap more than once before catching the ball or object?
- Can you make up your own catching challenge?



Tickle the tape

How many players?

- 1 or more players

What do I need?

- Rope or household item (e.g. dressing gown belt)
- Some tape and items to attach to the line or some socks

How to play the game?

- You will need someone to help you set up this game
- Create a hanging line between two items so the rope is suspended about 50cm off the floor, you could use chair or table legs.
- Use the tape to hang items from the line or use items such as socks which can be hung over it
- Number the items and ask someone to call out a number
- The aim of the game is to touch the correct item with your feet!
- You can play this game standing or seated
- Can you make it harder by trying to touch a sequence of number in a turn?

Top tips...

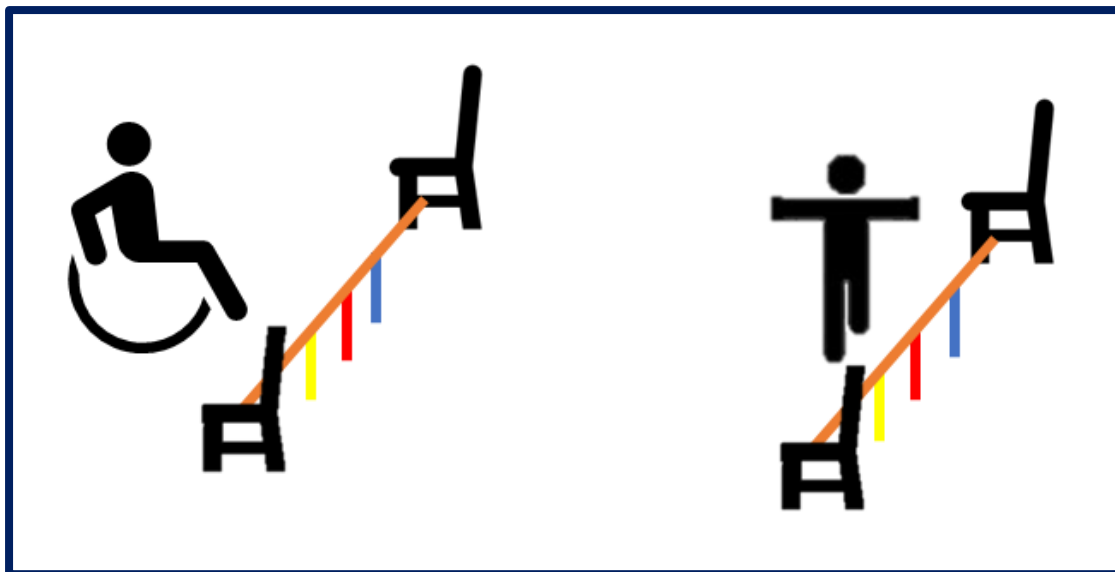
- Practise balancing before starting the activity
- Use assistance if required
- Try not to overstretch

Even more challenging...

- Can you use different body parts?
- Can you move further away from the rope?

Easier challenge...

- You can move closer to the rope
- Try the activity seated



Traffic Lights

How many players?

- 1 or more players

What do I need?

- 4 cones or household items
- An object for a steering wheel

How to play the game?

- Ask someone to help you play this game
- Practise the commands for the game:
 - Red- stop, Amber- move on the spot, Green-move around the space
- Now you know the commands it's time to play
- When an adult calls out the command, perform the command in the playing space
- Once you know how to play you can add in more commands:
 - Puncture- hop or balance, Roundabout- turn around, Speedbump- jump or move arms up and down, Traffic jam- move slowly
- Can you create your own commands?

Top tips...

- Focus on keeping your head upright
- Try and remain balanced when moving around the area

Even more challenging...

- Can you travel around using different movements?
- Can you change the speed of your movements?

Easier challenge...

- You can walk or perform the movements more slowly

