

Primary Survival Pack

Week 3

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Learn it

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

Move It

Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening

Try It

School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity'.

Learn it

Have fun this week playing a variety of games to practise and develop the skill of sending an object.

Timing, along with judgement of distance & direction are important skills in a variety of invasion, net/wall and target games.

Children can also consider **honesty** when keeping their own score and hitting the target. **Determination** to keep trying if they are not always successful and **creativity** in developing their own games.

Move It

Try It

Check out our next 3 personal best challenge cards.

1. Figure of 8
2. Fast Feet
3. Climb the Mountain

Each card is a 60sec challenge for the young children to try their best or compete against a family member. Don't forget to look on the cards for ways to make the challenges easier or alternatives if you don't have the equipment at home.

Learn It – Sending an object EYFS/KS1



Rolling Penalties
PE Home Learning



Can you keep the score and be honest?

Time to Learn:

- With a partner, set up a goal using two markers.
- Player one starts five steps away from the goal. Player two starts in goal.
- Player one rolls the ball towards the goal trying to roll the ball past player two.
- Can player two prevent the ball going past them? Can player one score?
- Players score a point each time they score a goal. Have five goes each and swap.
- The first to score five points is the winner.



If you are playing on your own, create a small goal with a teddy as a goalkeeper. How many times can you score?

Try different ways of sending the ball; throwing, kicking or bouncing. Make sure you are in a safe space!

Have a 'penalty shootout' Play against different family members. If you lose you are eliminated!

Top Tips

Rolling and Saving

- Saving: Look up, concentrate on the ball, be on your toes.
- Rolling: Use an underarm technique and concentrate on where to aim.

➔

Let's Reflect

How did you feel when your roll was stopped?

How did you concentrate on the target to score a point?



These activities can be made easier or harder depending on the child's age/ability.

You can start with rolling and move on to underarm throws.

For an additional activity, which includes some maths, have a look at this video from [Yorkshire Sport #This is PE](#) which uses both rolling and throwing towards a target.

These activities can help develop judgement, timing and strength on release.



Golf: Rolling
PE Home Learning



Can you be honest and keep the score?

Time to Learn:

- Place five targets in different places on the floor (garden or in a room). Decide on a starting point and mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- If you are playing against someone, the winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.
- If you are playing on your own, can you keep trying to beat your score?



Use a bigger target! Once you feel confident make the target smaller.

Place obstacles in the way to increase the challenge. E.g. a chair could be something to roll under or around.

Set up courses in different rooms and compete against different family members.

Top Tips

Roll Underarm

- Step forwards with one foot, bending the knee releasing the ball along the ground using your opposite hand.

➔

Let's Reflect

When did you need to increase the power of your rolls?

How did you ensure you used the correct rolling technique?



Learn It – Sending KS2



Kitchen Curling

PE Home Learning

Can you play fairly and keep the score?



Time to Learn:

- Clear a space on a smooth surface i.e. a table or hallway floor and place a target at one end of the space.
- Using a pair of rolled up socks, slide them across the floor, trying to get them as close to the target as possible.
- Play against an opponent. Each player has three pairs of socks. The pair of socks closest to the target scores a point.
- The player with the most points after three rounds is the winner.

Place the target marker closer to you. Only move it further away when you feel confident.

Place obstacles in the way of the target!

Have a competition!
Create a league table and play against different family members.

Top Tips

Focus on the target

- Concentrate on the target and use an underarm technique to slide the socks along the surface.

Let's Reflect

What did you find easy or hard about this game?
How did you feel when your socks were the closest?






Battleships: Level 2

PE Home Learning

Can you play by the rules and respect your opponent?



Time to Learn:

- With a partner, each player places three targets (battleships) in front of them. Place an additional battleship known as the 'ultimate battleship' in the middle.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed. If players hit the ultimate battleship they can add back one of their battleships that has been hit.
- The winner is the first player to hit all of their partner's battleships.

Play on your own!
How many attempts does it take you to hit all three targets?

Play for three minutes!
The player with the most battleships at the end of the game is the winner.

Have a competition!
Create a league table and play against different family members.

Top Tips

Throwing Underarm

- Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?
How did you keep focused?




Beanbags are perfect for playing our game of battleships but if you don't have beanbags then rolled up socks are a great substitute!

Extension:
Can you create your own target game that involves accuracy of rolling/throwing an object? How can you make it harder/easier to play?
Are your rules clear?
Teach your game to a family member.

Move It – Physical Activity

Try It – Competition & Challenge

60 Second Challenge Activity Tracking Sheet

Tick the boxes when you achieve Gold, Silver and Bronze?

Can you keep working hard to achieve Gold, Silver and Bronze?

Name: _____

Complete P.E. INSPIRE. LEARN. SUCCEED.

 **YOUTH SPORT TRUST**

 **25 YEARS**

Believing in every child's future

60 Second Challenge – Score Card

- Use this to record your score
- Remember these challenges are Personal Best
- Results will not be used for anything other than your personal achievement.
- Have Fun, Enjoy and be the best you can be.

Thank you

Stockton SSP Team

Try It – Competition & Challenge



Figure of 8 60 Second Challenge



How many times can you pass a ball through both of your legs in 60 seconds?



! If you drop the ball, pick it up quickly and carry on counting your score from where you left off.

Use a ball
If you do not have a ball, use a toilet roll or a cuddly toy.

Don't drop it!
Each time you drop the ball take five seconds off your time!

Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
40 times through your legs

Achieve Silver
30 times through your legs

Achieve Bronze
20 times through your legs



Fast Feet 60 Second Challenge



How many times can you dribble a ball around a marker and back in 60 seconds?



! Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back you score one point.

A ball and two markers.
If you do not have a ball, how many times can you run around the marker and back?

Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.

Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
22 dribbles around the marker and back

Achieve Silver
16 dribbles around the marker and back

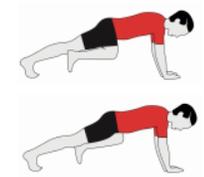
Achieve Bronze
10 dribbles around the marker and back



Climb the Mountain 60 Second Challenge



How many mountain climbers can you complete in 60 seconds?



! Make sure you bring your knees up as you move, do not just flick your legs up and down.

No equipment is required.
Just make sure you use a clear, open and safe space.

Challenge yourself!
Perform a press up after each mountain climber.

Compete against other family members.
The first person to achieve gold is the winner.

Achieve Gold
50 mountain climbers

Achieve Silver
30 mountain climbers

Achieve Bronze
20 mountain climbers

Social media – Links of the Week