

Primary Survival Pack

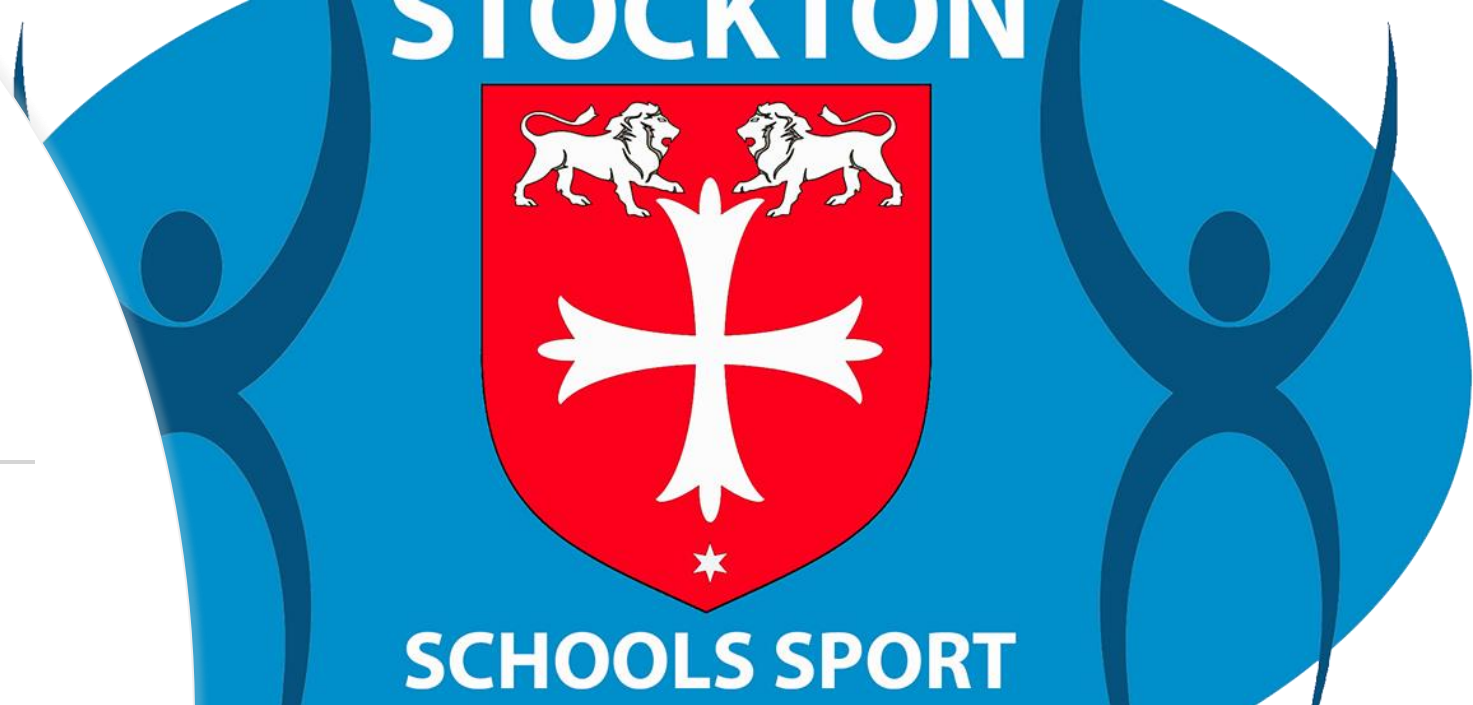
Week 7

22nd – 26th February

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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

This week we are looking at developing **agility**.

The activities included are designed to help children practise moving quickly and changing direction easily.

Agility is an important skill needed in everyday life and useful for a variety of different sports.

The games encourage children to be on the balls of their feet with soft knees. They will also have to listen to instructions and be aware of their surroundings.

Move It

This week is all about creativity and consistency !

Task 1 – Sock Golf

Be creative and design a nine-hole golf course around your house. Move from room to room, use different targets to score in – a bin, a bowl what about the bath?

Task 2 – Sock Basketball

Design a low and high target to score into, time yourself for 1minute to see how many baskets you can score....Think how can you make it easier or harder, who could you challenge?

Try It

- Check out our next personal best challenge cards.
- 1. Star Jumps
- 2. Squat Jumps
- 3. Step in Step Out
- 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 – Agility

Right Way Wrong Way PE Home Learning

Can you play fairly and encourage each other?

Time to Learn:

- Layout objects, teddy bears, cones or toys across the space making sure they are all upside down.
- On 'go' how long does it take to turn all the objects the right way up?
- What could you do to get quicker and beat your time?
- Play against an opponent. Who can turn all the objects around the quickest?

Playing on your own, how quickly can you turn all the objects over?

Play for three minutes. The player with the most objects up the right way wins.

Play with a partner! Take turns to turn your objects the right way!

Top Tips

On your toes!

- Moving on the balls of your feet, and bending your knees will help you move quicker to each object!

Let's Reflect

Why do you need to be on the balls of your feet to move quick?

Did you have a plan for the order you would turn the objects over?

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Agility is the ability to move and change direction quickly and easily. It is an important movement skill used in a range of different sports as well as in everyday life.

Try these Right Way, Wrong Way tasks and have a look at the games on this video link for more ideas to practice the skill. [#ThisIsPE - Agility and throws - YouTube](#)

Encourage children to be on the balls of their feet, bend their knees and be aware of what obstacles are around them.

Right Way Wrong Way The Race PE Home Learning

Can you play fairly and keep the score?

Time to Learn:

- Layout objects; teddy bears, cones or toys across the space. Make sure half are facing the right way up and half are facing upside down.
- Player one is going to try and turn all the objects up the right way and player two is going to try and turn all the objects upside down.
- Play for sixty seconds. At the end of the game the player who has the most objects facing 'their' way is the winner.

Play on your own! How quickly can you turn all the objects over?

Play for three minutes. The player with the most objects up the right way wins.

Play with a partner! Take turns to turn your objects the right way!

Top Tips

On your toes!

- Moving on the balls of your feet, and bending your knees will help you move quicker to each object!

Let's Reflect

Were you able to move on the balls of your feet to be quicker?

If you did not win, what could you do differently next time?

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Learn It – Agility

Avoid the Defenders
PE Home Learning

Time to Learn:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the defenders.
- Can you dribble using your feet, from the starting point, around the marker and back avoiding the defenders?
- If you dribble around the markers and back you score one point. If you hit a defender they score one point. The first to score five points are the winners.

Start with three defenders.
Only add more defenders when you find the activity easy.

How many points can you score?
Every time you hit a defender take a point off.

Play against someone else.
Who can score the most points after three minutes?

Can you play fairly and keep the score?

Top Tips
Dribbling: Feet

- Keep the ball close to you, use small touches.
- Try to use the inside and outside of your foot to keep control.

Let's Reflect

Why did you need to keep the ball close to you?
What did you learn after each run through to help with the next dribble?

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Develop agility skills further by playing games or adding equipment. In this activity – Avoid the Defenders, a football is used. The same activity could be performed with a hockey ball & stick or by dribbling a basketball.

Encourage children to be light on their feet, keep looking around them for obstacles and try and use their body weight to change direction.

Try adding taller obstacles to encourage them to move their full body to change direction.

Can they feel their body weight transfer from one side to another? Is it harder or easier with equipment?

Set up a mini obstacle course and time how quickly they can get around it. Have another go and try to beat your time.

Have a look at this video for more games that can be tried outside. [#ThisIsPE - Agility - Bing video](#)

Move It – Physical Activity

Sock Golf



How to play

Find a pair of socks, roll them up.

Be creative and design a nine-hole golf course around your house. Move from room to room, use different targets to score in E.g. a bin, a bowl what about the bath?

Plan your score sheet, how many shots will it take to get it in, make some easy and some harder.

Score Card

Hole	Par	Score
1		
2		
3		
4		
5		
6		
7		
8		
9		
Total		

Move It – Physical Activity

Sock Basketball



How to play

Design a low and high target to score into, time yourself for 1 minute to see how many baskets you can score.

Think how you can make it easier or harder, who could you challenge?

Why not place the high and low baskets opposite and run between within the minute?

Score Card

Attempt (1 min)	Small Basket Score	Tall Basket Score
1		
2		
3		
4		
5		

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: _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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



Star Jumps
60 Second Challenge



Can you maintain your technique even when you are tired?

How many star jumps can you complete in 60 seconds?



Make sure you clap your hands above your head and bring your feet together.



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

Challenge yourself! Touch the floor after each star jump to make it harder.

Try jumping in different ways for 60 seconds. Can you compete against different family members?

Achieve Gold 

60 star jumps

Achieve Silver 

45 star jumps

Achieve Bronze 

30 star jumps

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Squat Jumps
60 Second Challenge



Can you be honest when counting your score?

How many squat jumps can you perform in 60 seconds?



Stand behind a line and jump forwards, perform a squat and repeat.



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

Challenge yourself! Perform a twist or turn as you jump to make it harder.

Try jumping in different ways for 60 seconds. Can you compete against different family members?

Achieve Gold 

35 squat jumps

Achieve Silver 

25 squat jumps

Achieve Bronze 

10 squat jumps

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Step In, Step Out
60 Second Challenge



Can you keep trying even when you want to give up?

How many times can you step in and step out of a circle in 60 seconds?



You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!



Mark out a circle Using chalk mark out a circle on the floor.

Can you achieve a medal stepping in and stepping out of the hoop in different directions?

Race against someone! Mark out two circles, who can step in and out of their circle the most amount of times?

Achieve Gold 

55 step in, step outs

Achieve Silver 

45 step in, step outs

Achieve Bronze 

35 step in, step outs

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Weekly Live Sessions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Am	Am	Am	Am	Am	Am	Am
9am till 10am Joe Wicks Family Fitness https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt	10:30am till 11am YST Healthy Movers (EYFS & Year1) https://www.youtube.com/channel/UCJerWsJJeAsbd1kY79oRm7g	9am till 10am Joe Wicks Family Fitness https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt	10:30am till 11am YST Healthy Movers (EYFS & Year 1) https://www.youtube.com/channel/UCJerWsJJeAsbd1kY79oRm7g	9am till 10am Joe Wicks Family Fitness https://www.youtube.com/playlist?list=PLyCLoPd4VxBuS4UeyHMccVAjpWaNbGomt		England Rugby Weekly Rugby Skill & Fitness Sessions Mini & Juniors Age 7-17 https://www.youtube.com/playlist?list=PLCSP18b0KfWMIWu1fevzCT0yM5I8CQ5Yp
Pm	Pm	Pm	Pm	Pm	Pm	Pm
	5pm YST After School Sport Clubs https://www.youtube.com/channel/UCJerWsJJeAsbd1kY79oRm7g	2pm till 2:45pm Chance to Shine Cricket Coaching https://www.youtube.com/results?search_query=chance+to+shine+live	5pm YST After School Sport Clubs https://www.youtube.com/channel/UCJerWsJJeAsbd1kY79oRm7g			

Social media – Links of the Week

1. A street dance tutorial -

https://www.youtube.com/watch?v=Ts9fiXtwYEo&fbclid=IwAR2JJjJX8j_pMIIA9m8T3yVH1vjZZPAaATsaTnhttC3Bn8iMbgOYknRJSk0

2. Family Trick Shots - <https://www.youtube.com/watch?v=EB8J2C13P7k>

(Why not create your own.)

3. Fitness for EYFS <https://www.youtube.com/user/fitnessfunforkids>

4.

5.