

# 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 all ages, but you can make them harder with our challenges!
- Each card will tell you how to do the activity, has a video link (QR code) to a coach showing you the activity and top tips for the activity!
- We would love to hear from you to tell us how you're getting on with PE at home or show us how you're getting on by sending your videos into us online [info@activefusion.org.uk](mailto: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!

## Challenge...

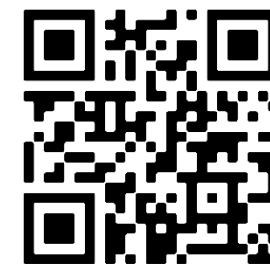
- Can you challenge another family member to be active with you?
- Can you be creative and make your own challenges?
- Can you try each activity more than once?

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



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# One Legged Balancing Pirates

## How many players?

- 1 or more players

## What do I need?

- Soft objects to balance on your body

## How to play the game?

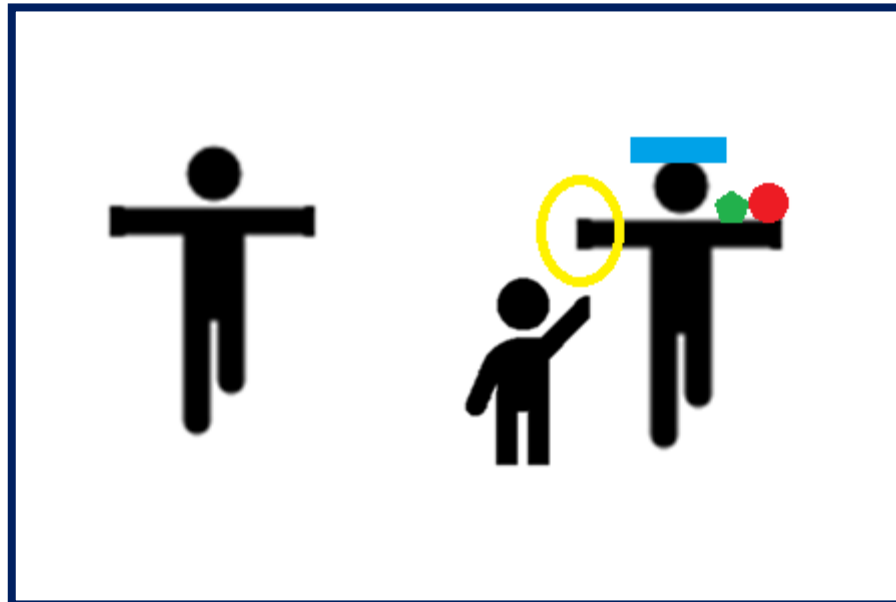
- Practice standing on one leg for 5, 10, 15 seconds
- Once you have practiced see how long you can balance for
- Try balancing on your other foot
- For the Pirate Challenge you need to ask a family member to Balance different household items on different parts of your body
- Once you have been loaded with items see how long you can balance on one leg without any falling off or you put your other foot on the floor!
- Ask a family member to be the pirate!

## Top tips...

- Hold your arms out to help them balance
- Try to stay as still as possible
- Keep your head still and focus on a stationary point in front of you

## Even more challenge...

- Increase the number of objects used on the Pirate Challenge
- Challenge a family member to see who can balance the longest
- Can you balance on your other leg?



# Alphabet Challenge

## How many players?

- 2 or more players

## What do I need?

- No equipment needed

## How to play the game?

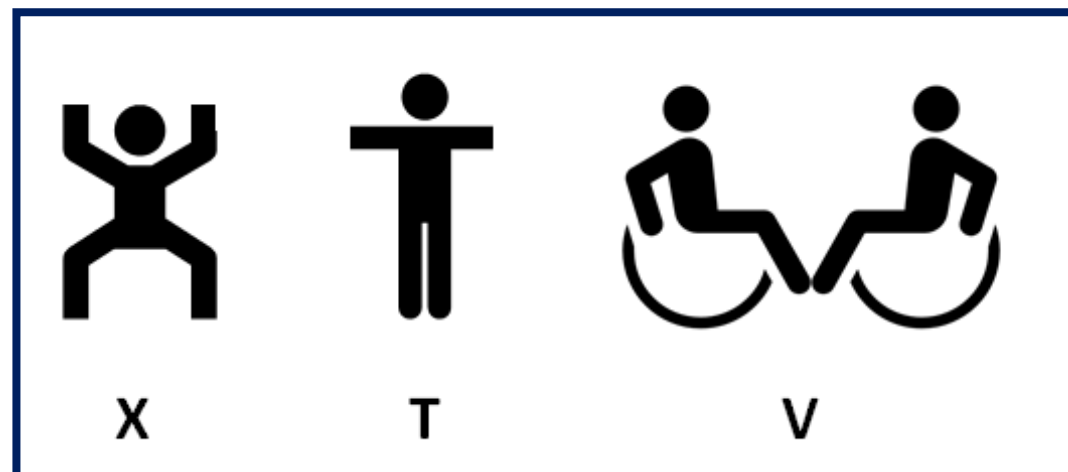
- With a family member, can you make all the letters in the alphabet using your bodies?
- Start with A and work your way through to Z
- How creative can you be?
- If you haven't got a partner, why not try and make as many letters as you can?

## Top Tips..

- Make sure your letters are as clear as possible
- Keep arms and legs straight where possible!
- Point your fingers and toes!

## Even more challenge...

- Time yourselves how fast can you go from A-Z?
- Can you make them all by only laying on the floor?
- Can you make the letters with more than two people?



# Jump the River

## How many players?

- 1 or more players

## What do I need?

- Cones or household items as an alternative
- If you have some rope you could use it to mark out your river

## Top tips...

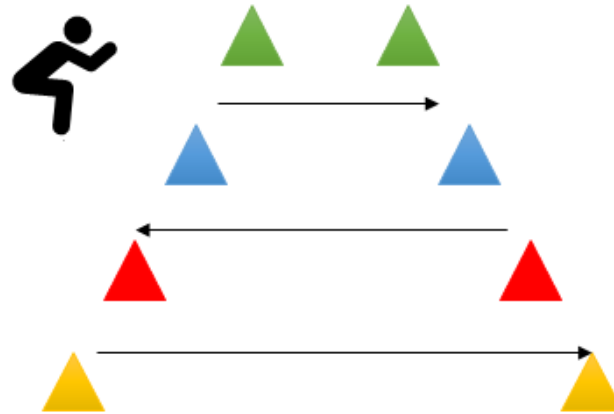
- Bend your knees to give you power to jump
- Swing your arms backwards then forwards to go further
- Try not to fall over when landing by landing on two feet

## Even more challenge...

- Make your river wider or bendy with different sized jumps
- Can you take off on one foot but land on 2?
- Challenge your family members to see who can jump the furthest!

## How to play the game?

- How far up the river can you jump?
- Start at the bottom of the river and try and jump across to the other without landing in the water!
- Jump using two feet and try and land on two feet!
- Can you make the river wider to make the challenge harder?



# Head, Shoulders, Knees, Toes

## How many players?

- As many players as you like

## What do I need?

- Cones or objects to mark each distance

## How to play the game?

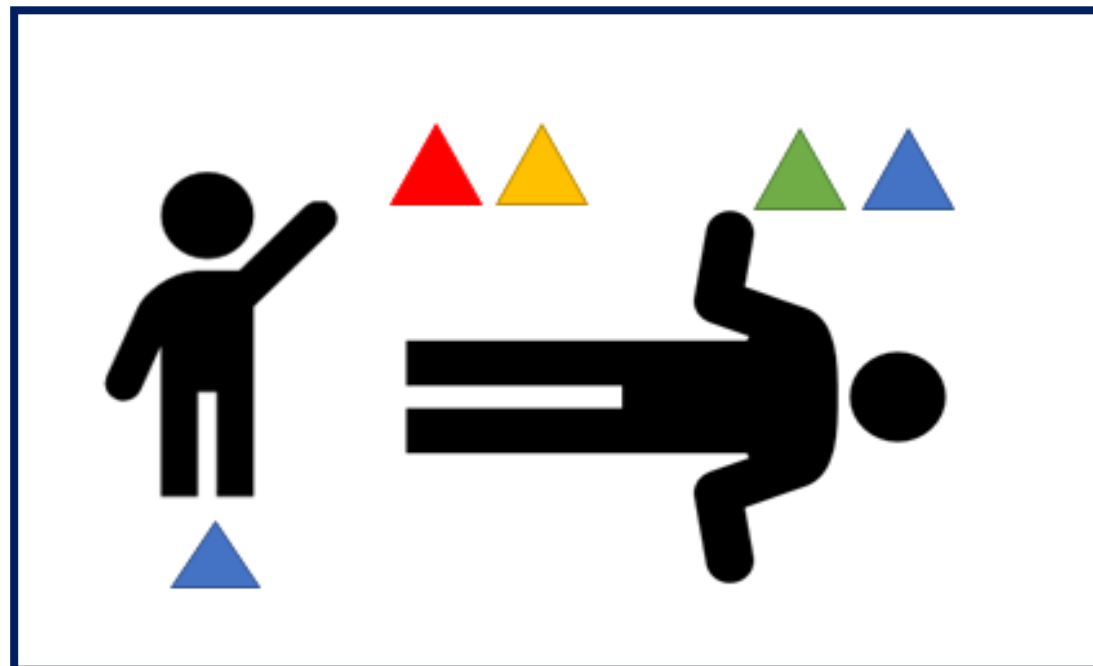
- The game will test your ability to jump over different distances
- Ask someone to lay on the floor, place different markers at their head, shoulders, knees and toes
- See how far you can jump!

## Top Tips...

- Bend your knees and swing your arms forward to jump further
- Land on 2 feet with control and try not to fall over!

## Even more challenge...

- Can you jump from 1 leg landing on 2 feet?
- Introduce a scoring system for the different distances. Eg Toes- 1 point, Knees- 2 points, Shoulders- 3 points and head- 4 points



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# Individual Catching Challenges

## How many players?

- 1 or more players

## What do I need?

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

## How to play the game?

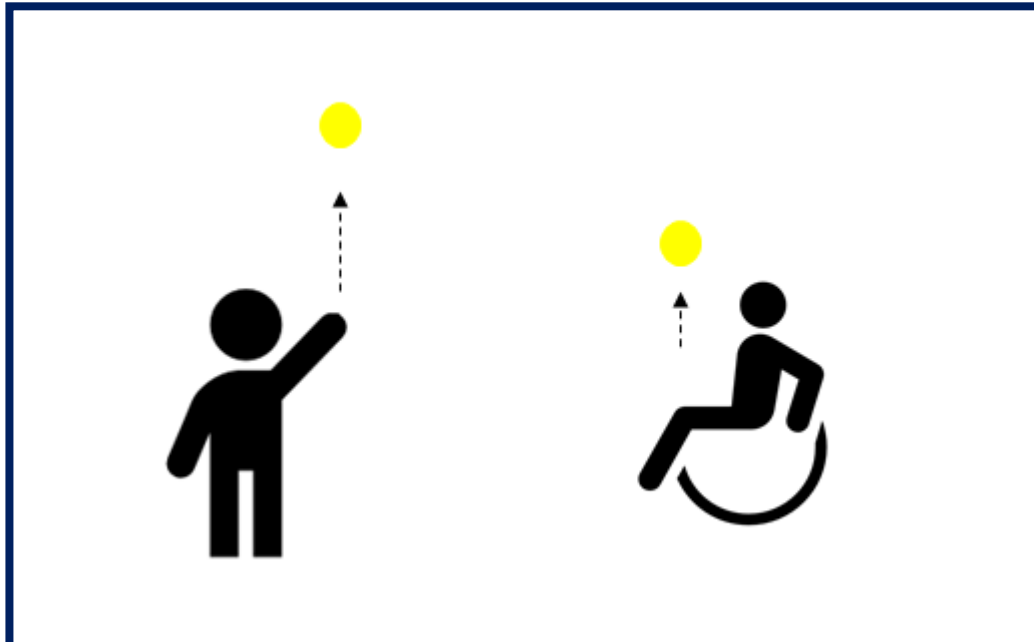
- How many challenges can you complete?
- Challenge 1- Can you catch your ball or object with 2 hands?
- Challenge 2- Can you clap before you catch your ball or object?
- Challenge 3- Can you stand on one leg and catch your ball or object with 2 hands?
- Challenge 4- Can you throw the ball up and sit down before you catch it?
- Challenge 5- Can you throw the ball up then catch it, turn and run around a cone and back?
- **See video below for how to progress into a game!**

## 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 challenge...

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



# Battleships

## How many players?

- 1 or more players

## What do I need?

- 4 cones or items to be battleships
- A football or suitable ball for kicking or tennis ball or rolled up socks

## Top tips...

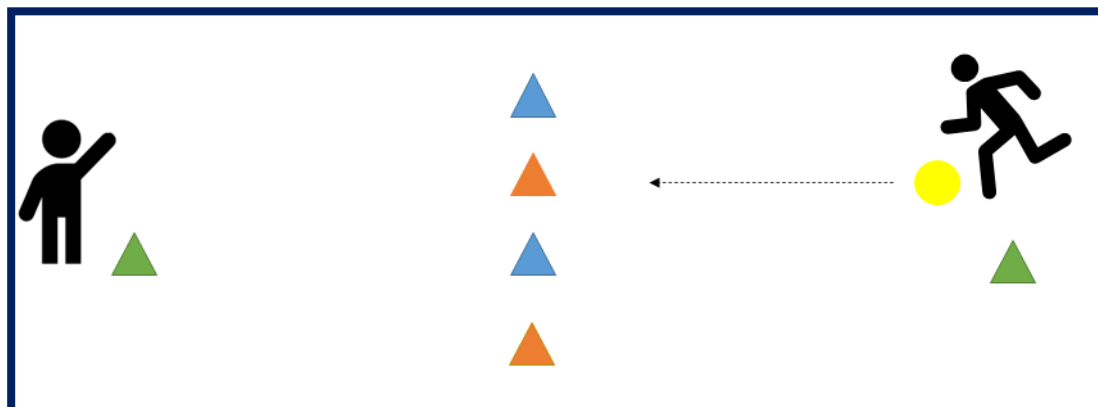
- For more accuracy use the side of your foot
- Keep your eye on the target

## Even more challenge...

- Nominate the ship you are aiming to sink before you shoot
- Move the cones further away from each other/starting point
- Change the layout of the ships

## How to play the game?

- Aim to knock over your partner's ships, if you are successful you are rewarded with a point
- Whoever sinks their opponent's ships first is the winner.
- If you do not have a ball suitable for kicking, then use a tennis ball or rolled up pair of socks to throw.
- If you do not have anyone to play against count how many attempts, it takes you to sink all the ships.



# Boccia

## How many players?

- 1 or more players

## What do I need?

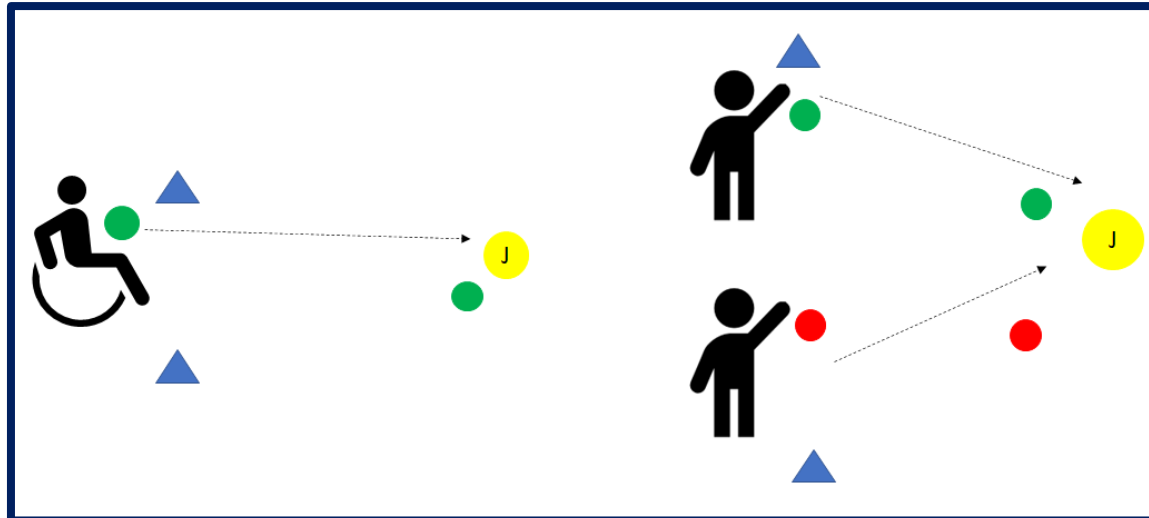
- An item to act as a jack (soft toy)
- Household items to throw (washing pegs, soft toys, rolled up socks)
- Cones or objects for markers

## How to play the game?

- Throw your jack in to the playing area
- Aim to throw all your household 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
- Practice throwing before you start scoring
- Make sure you don't throw the jack too far!



SCAN ME

## Even more challenge...

- Can you use your other hand?
- Can you throw unbalanced?

## Easier challenge...

- Make the playing area smaller
- Move the jack closer to 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?
- Practice 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
- Captains cook –pretend to be sick
- Captains 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 instructions or points on the compass then to perform the movements.

## Top tips..

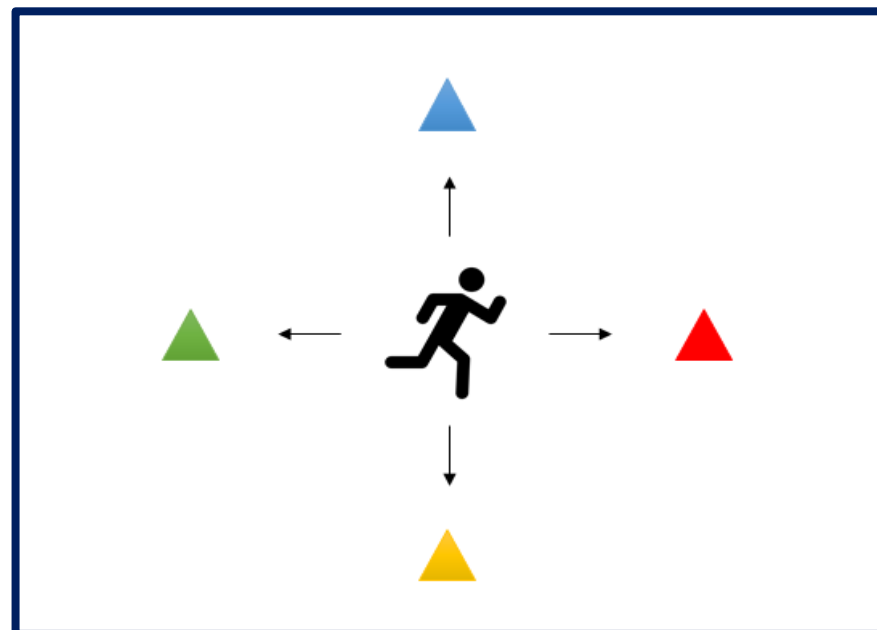
- Try to remember the points on the compass by the colour of the item
- Be creative with your pirate movements
- Do you have any pirate items at home you could add to the game?

## Even more challenge...

- 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,E,S,W
- Can you perform the actions seated and point to the points on the compass?



# Dance Activities

## How many players?

- 1 or more players

## What do I need?

- No equipment needed

## How to play the game?

- There are some great online resources to learn new dance skills!

- Active fusion dinosaur dance ks1 lesson (20 minutes)

<https://www.youtube.com/watch?v=AnONxGehFLY>

- Go Noodle on YouTube

<https://www.youtube.com/watch?v=Imhi98dHa5w>

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

## Top tips..

- Keep practicing so you can learn all the moves
- Keep your energy up from the start until the finish
- Don't forget to smile!

## Even more challenge...

- Can you perform your dance to a family member?
- Can you add in your own moves to the dances?
- How much can you remember without looking at the video?

