

# 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 had 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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# North, East, South, West

## How many players?

- 1 or more players

## What do I need?

- Cones or household items as an alternative

## How to play the game?

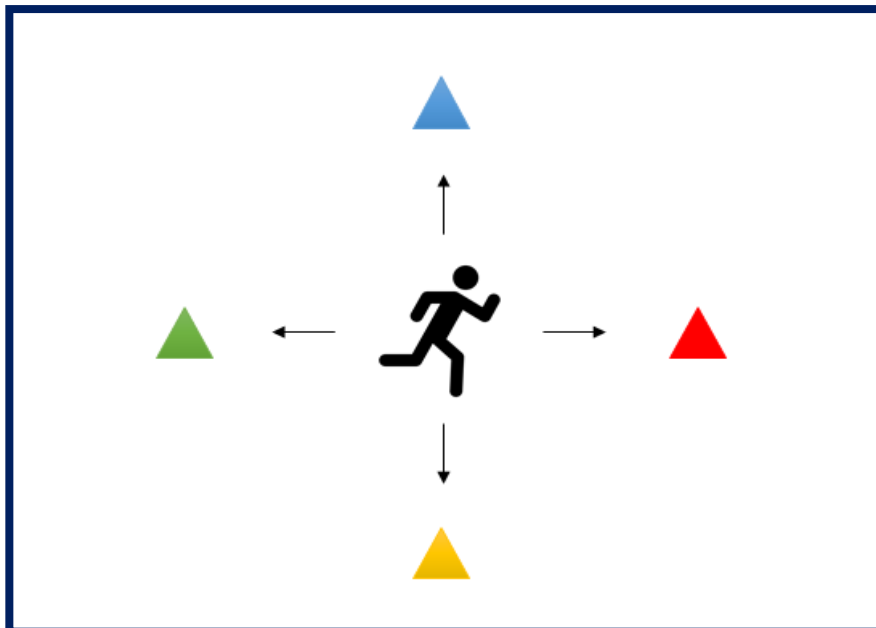
- This game will test your memory and speed!
- Ask a family member to call out a point on the compass
- Remember the point on the compass and run as fast as you can to the correct point
- Once you have ran to the cone run back to the middle as fast as you can!

## Top tips...

- Make sure you have a good start position ready to move quickly
- Slow down when approaching a cone so you can change direction quickly.

## Even more challenge...

- Make the compass bigger
- Shout more than one point
- Challenge a family member to race you to the points



# 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

## How to play the game?

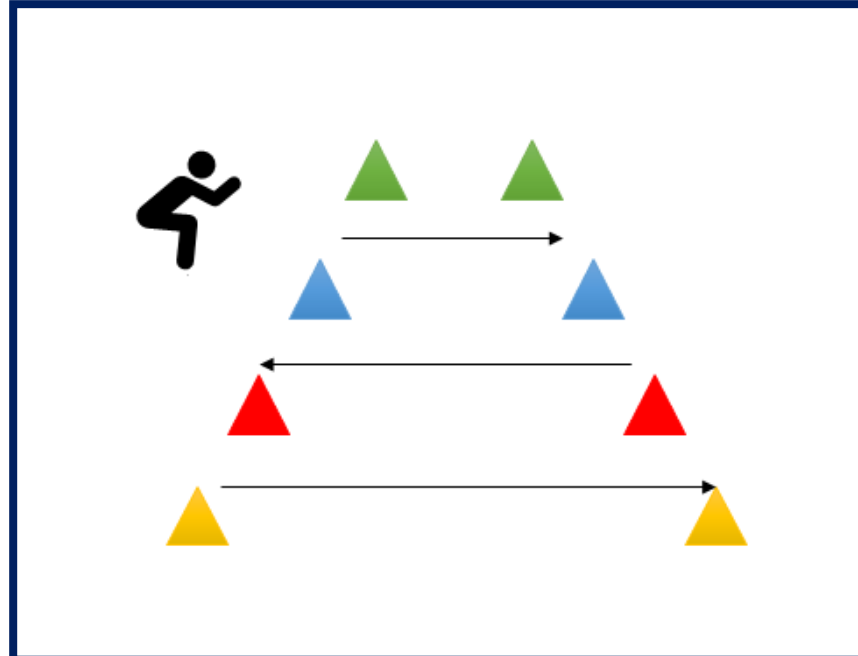
- How far up the river can you jump?
- Start at the bottom of the river and try and jump across to the other without landing in the water!
- Jump using two feet and try and land on two feet!
- Can you make the river wider to make the challenge harder?

## 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 and land on 2?
- Challenge your family members to see who can jump the furthest!



# 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?

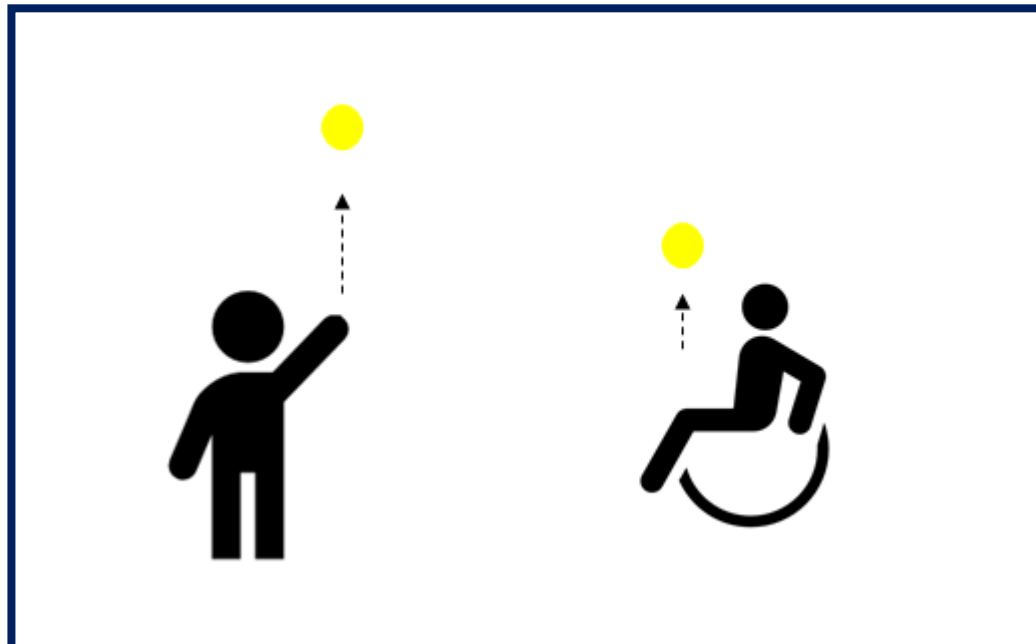
- How many challenges can you complete?
- Challenge 1- Can you catch your ball or object with 2 hands?
- Challenge 2- Can you clap before you catch your ball or object?
- Challenge 3- Can you stand on one leg and catch your ball or object with 2 hands?
- Challenge 4- Can you throw the ball up and sit down before you catch it?
- Challenge 5- Can you throw the ball up then catch it, turn and run around a cone and back?

## 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?



# Colour Zones

## How many players?

- 1 or more players

## What do I need?

- A ball or beanbag or a rolled-up pair of socks!
- Cones or household items to create zones

## How to play the game?

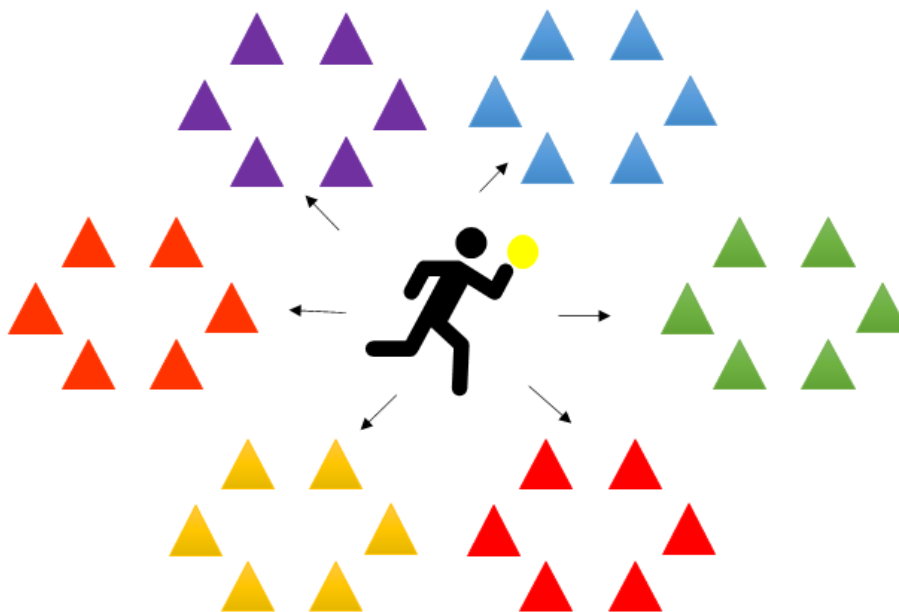
- Ask a family member to shout a colour zone or the object zone
- Run as fast as you can to the zone and complete 10 catches
- Ask your family member to change the challenges e.g. one hand, high throws.
- How fast can you complete the challenges?

## 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...

- Complete multiple zones in one turn
- Different amount of catches per zone e.g. Red- 5, Blue- 10,
- Change the movement type e.g. skipping



SCAN ME

# One Leg Balancing and Catching

## How many players?

- 1 or more players

## What do I need?

- A ball or pair of rolled up socks, paper ball or tin foil ball

## How to play the game?

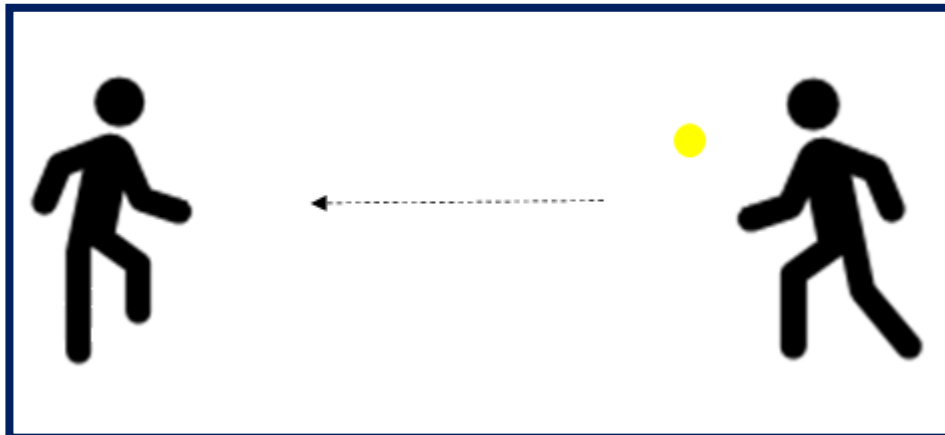
- Practice standing on one leg for 5,10,15
- Can you balance on your left and right foot?
- How long can you stand on one leg for?
- Now you have practiced standing on one leg ask a family member to throw you the ball to you whilst you balance and see if you can catch it!
- How many can you do before you lose your balance?
- Why not challenge your family member to join you and see how many catches you can do together?

## Top tips...

- Hold your arms out to help you balance
- Try to stay as still as possible
- Keep your head still try to look straight forward

## Even more challenge...

- Can you balance on your other leg whilst catching the ball?
- Can you catch with one hand?
- Can you switch legs in between each catch?



# Move the Objects

## How many players?

- 1 or more players

## What do I need?

- Household objects (rolled up socks would be best suited)
- Bowl or bucket as a target

## How to play the game?

- Can you move all the objects with your feet?
- Move the objects from one side of your body into the target on the other side
- For an easier challenge use your hands and slightly lift feet off the floor!
- How fast can you move the objects?

## Top tips...

- Squeeze your tummy muscles to keep you from falling backwards
- Move the objects with control, don't go too fast to start
- Grip the object tightly so you don't drop it!

## Even more challenge...

- Lift your feet up higher
- Once you have the object hold it for 3 seconds before placing in the bowl
- Challenge a family member to a race!

Hands



Feet



SCAN ME

# Shooting Challenge

## How many players?

- 1 player or more

## What do I need?

- A ball or alternatively use rolled up pair of socks or paper ball
- Bucket or objects to make a target to throw in to

## How to play the game?

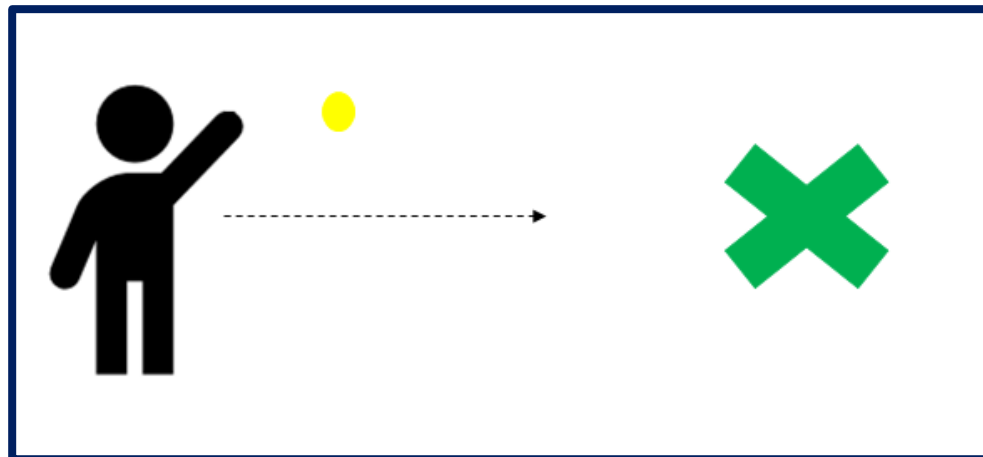
- Can you throw your ball and land it in the target?
- Remember to look at the target and use your non-throwing arm to aim
- Once you have practiced have 10 throws see how many you can land in the target
- Count how many throws it takes you to successfully hit the target 5 times in a row.
- Can you challenge a family member to a competition to see who can score the most points?
- **See video below on how to progress this activity into a game!**

## Top tips...

- Keep an eye on the target
- Throw one handed but aim with your other arm!
- Follow through towards target with your throwing arm

## Even more challenge...

- Increase the distance of the throw every time you land the ball in the target
- Can you use your other arm to throw the ball?



# Battleships

## How many players?

- 1 or more players

## What do I need?

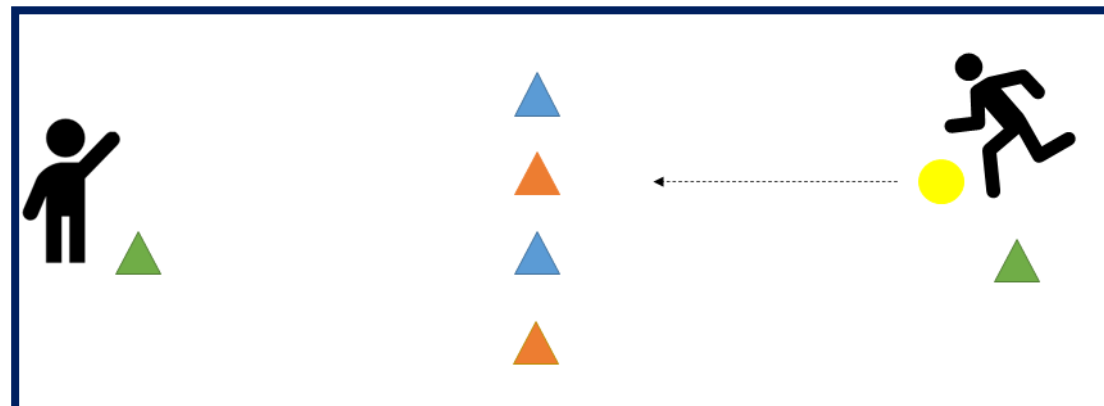
- 4 cones or items to be battleships
- A football or suitable ball for kicking or tennis ball or rolled up socks

## 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.

## 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

# 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?

