

## Active at Home

We all know the benefits of being physically active and having a healthy diet.

We know the longer lockdown goes on the harder it can be to find the motivation to be active and finding new activities to keep the children occupied can be a challenge.

Short bursts of activity throughout the school day can help to increase focus. Most of the activities we suggest only take around 5-30 minutes to complete, so it can fit easily into the day.

We have also added a competition to our personal challenges. The team are taking on the challenges and posting videos of our attempts, can you beat us, we want to see your attempts.

If you have any of your own that you would highly recommend, please let us know and we can add them to share with everyone else.

**active**  
Northumberland

GREAT EXPERIENCES  
IN GREAT PLACES  
FOR EVERYONE

♥ FUN  
♥ INCLUSIVE  
♥ TRUST



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## Stay Connected with #ActiveAtHome

Check out our social media channels and tag us in any of your activities

Facebook - ActiveNland.PE

<https://www.facebook.com/ActiveNland.PE/>

Twitter - @ActiveNland\_PE

[https://twitter.com/ActiveNland\\_PE](https://twitter.com/ActiveNland_PE)

Instagram - activenland.pe

<https://www.instagram.com/activenland.pe/>

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# Northumberland School Games - Physical Activity Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Option 1 – Physically Active Activity</b>	<p><b>Move IT Mondays</b> Do a fitness class in the house/ garden. Joe Wicks – Body Coach Make your own circuit with 8 stations.</p>	<p><b>Transport Tuesdays</b> Be active for 30 minutes using transport. Scooter Bike Skateboard Pogostick</p> <p>Are there any tricks you could learn to do?</p>	<p><b>Weekly Challenge Wednesdays</b> Complete a personal challenge to try and improve.</p> <p>Active Northumberland PE and School Sport Personal Challenge</p> <p>Youth Sport Trust Challenge</p>	<p><b>Throw It Thursdays</b> Practice your throwing and catching skills in the garden/ house.</p> <p>How many objects can you throw into a target area? How many times can you bounce/throw a ball and catch it?</p>	<p><b>Fundamental Skill Fridays</b> Practice your ABC's</p> <p>Agility, Balance, Co-ordination. Running, Jumping, Skipping, Throwing, Catching.</p> <p>Activity Cards/ Challenges</p>	<p><b>Shake It Out Saturdays</b> Do a dance routine at home.</p> <p>“just dance’ imoves go noodle BBC supermovers. or Create your own dance in the house.</p>	<p><b>Skill Up Sundays</b> Choose your favourite sport and practice the skills you need to become a professional.</p> <p>Most sports have videos online for you to watch.</p>
<b>Option 2- School Games Values Activity</b>	<p><b>Determination</b></p> <p>Try to complete a tricky puzzle. Or solve some tricky riddles.</p>	<p><b>Honesty</b></p> <p>Create a True or False quiz for your family and friends.</p>	<p><b>Passion</b></p> <p>Design a new kit/ badge/ logo for your favourite team.</p>	<p><b>Respect</b></p> <p>Create a song/ rap or chant about Respect.</p>	<p><b>Self Belief</b></p> <p>Build a Boat. Using things from the recycling bin. Can you make it float in water?</p>	<p><b>Team Work</b></p> <p>Create a new game for you and your friends to play. E.g Space Tag</p>	<p>Share your results with us on Twitter and Facebook</p>



# Sportshall

the  
**2.6**  
challenge  
Save the UK's Charities



[www.imoves.com/cv19](http://www.imoves.com/cv19) for teachers [Join.theimovement.com](http://Join.theimovement.com) for parents

**Imoves** are providing free resources for teachers and parents. They have a great range of videos thinking about active breaks and mental wellbeing. Take a look at their intro to mental wellbeing resources

<https://covid-19-imoves.s3.eu-west-2.amazonaws.com/Mental+Wellbeing.mp4>

<http://www.sportshall.org/homepentathlon>

Sportshall Home Pentathlon - take part in your own pentathlon adapted from the Sportshall Athletics competition, guidance videos and cards explain each activity. Send your results in to be added to the virtual leaderboard

<https://www.twopointsixchallenge.co.uk/>

2.6 Challenge - Designed to help charities that are losing donations during this time. All you need to do is dream up an activity based around the numbers 2.6 or 26 that suits your skills and complete it. The SSP team are getting involved and aiming to complete a marathon, 26 miles, over the weekend

<https://media.nhswebsite.nhs.uk/change4life/fungenerator/#generator>

Change4Life Fun Generator Providing different fun activities to help children and adults achieve the Active 60. Building activity into your day will help keep you healthy and can even improve your mood and wellbeing.

# The Northumberland Home Challenge

To help keep young people active at this time Northumberland Youth Service have come up with The Northumberland Home Challenge!

The task is to complete 6 challenges over the next few weeks. Document all your achievements, send us the evidence of what you have done and you will receive a certificate and a chance to win one of our online vouchers to spend!

### The Requirements:

- You must be residing in Northumberland during the lockdown phase of Covid19.
- Challenges must be completed during the lockdown phase.
- You must send through evidence that you have completed the challenges to receive your certificate and be in with a chance to win the vouchers.

All information including the work booklet is on our website:

<https://bit.ly/nlandhomechallenge>





# Real PE

## EYFS/ KS1 Activity

There is still time to get  
your FREE access to Real  
PE ... email  
[jasmine@createddevelopment.co.uk](mailto:jasmine@createddevelopment.co.uk)

### Popping Pirates



Take turns to be  
the popping  
pirate and their  
shipmate.

Shipmate, see how  
many pieces of  
equipment you  
can balance on  
the popping pirate.

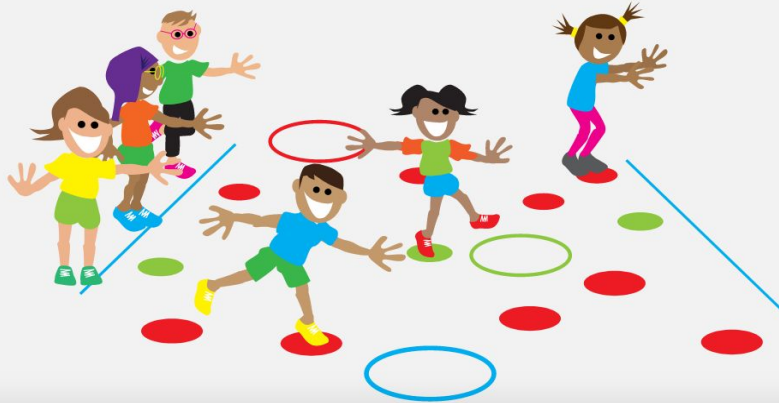


See how many items, for example fruit  
and soft toys, you can load up and  
balance in 30 seconds and then try  
again to see if you can beat your score.  
Collect and place 1 item at a time on  
the Popping Pirate.

# Stepping Stones (Jumping)



# Real PE KS2 Activity



## How to Improve

What to do with your body

- Bend knees before take-off and on landing
- Swing arms to help get height/distance and to help balance on landing
- Keep head up and focus on where you're jumping
- What to think about
- Land softly without noise
- Plan a route and keep looking ahead
- Practise with left and right feet when taking off or landing on 1 foot

## Physical Challenge

With a partner, take turns to play stepping stones, moving around the area by jumping and landing with 1 foot onto spots and with 2 feet into hoops. Try to avoid jumping onto the same spot/hoop as another. When not your turn, observe your partner. Use the ideas below to make the activity more or less challenging depending on how you're finding it:



### Shorter jumps

Repeat same jump  
Go slower

### Longer jumps

Combine different jumps  
Go faster

## SOCIAL

Can you:

- Help, praise and encourage your partner when they're working?
- Work well with your partner by sharing and listening to each other's ideas?
- Show patience and cooperate when others jump into your space?
- Help organise and guide others if they find it difficult to find a route?



# Tennis Ball Challenges

1. 20 hit ups - forehand side
2. 20 hit ups - backhand side
3. 20 hit ups - switching side
4. 20 hit ups - frame & strings
5. As No1 with non-dominant hand
6. As No2 with non-dominant hand
7. As No3 with non-dominant hand
8. As No4 with non-dominant hand
9. 1 'round the world'
10. 2 'round the world'
11. Between the legs
12. Round the back