



Firs  
Primary

— School — LEARNING, GROWING  
& ACHIEVING TOGETHER

PHYSICAL EDUCATION – Home Learning Workbook

Name:

Class:

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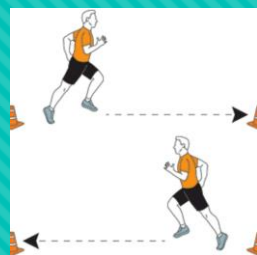
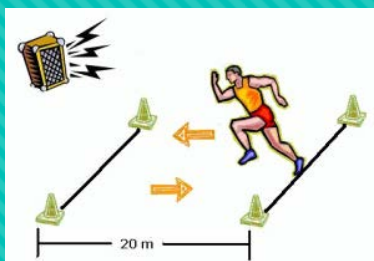
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# Plan Of Week 1 – Athletics

Days of the week:	Monday	Tuesday	Wednesday	Thursday	Friday
Activity:	Shuttle Runs	Obstacle Course	Jumping	Speed Walking	Throwing
	Word search	Colouring	Matching game	Word search	Missing Vowels
Video Link:					

# Monday – Shuttle Runs



## Activity:

- Set up your markers, use anything as a marker (5 big steps apart)
- How fast can you run to your marker and back?
- How many laps can you do in 30 seconds? Do this 3 times with 30 second rest in between.
- Challenge a family member and see who wins?

## Equipment needed:

- Markers - Socks, Shoes, Cups (or anything else you can use)
- Stop watch/phone for timer, (get member of family to count)

## Make it easier:

- You can move in different ways, e.g hop, skip, leap and jump.



30 Minutes

## More of a challenge:

- Try different starting positions (lie on tummy, sit on bottom, lie on back)
- Still see how many times you can run in 30 seconds .

R L W L L G N I X O B R P Y V L J  
T G N I C N E F I T R O W I N G M  
L S L S C I T S A N M Y G T S X L  
L P G L R C Y B X S C C G I X R J  
A D T U A K V E D E D N N P B X C  
B J G G U B F W D G I N W T V J Z  
T C D D D H E P Y L E B W T Z Y D  
E G Y Z C V L S I T U U T X F A N  
K N U C U G G A A H Y T Z N A X O  
S I O A L H S O D B O S T S Q G T  
A M G R W I L R L S L C K M H G N  
B M N U A L N X O F H D K O W D I  
C I I G O X V G O C W U V E M D M  
W W V B O D F T C M C J C T Y R D  
E S I Y R L U C M D U D E F P T A  
E Z D X C U A J H A R C H E R Y B  
J T W A F O O T B A L L X B V Q O

- Archery
- Badminton
- Baseball
- Basketball
- Boxing
- Cycling
- Diving
- Fencing
- Football
- Golf
- Gymnastics
- Hockey
- Judo
- Rowing
- Rugby
- Sailing
- Swimming
- Tennis

# Tuesday – Obstacle course



## Activity:

- Make your obstacle course out of the equipment you have found.
- You should include running, hopping, skipping, throwing, leaping and jumping.
- Make your course safe and fun.
- Draw out your course, get creative and make a plan.
- Video example <https://>

Equipment needed:

- Using your imagination (but staying safe) use equipment such as teddy bears, blankets and socks

### Make it easier:

- Theme your course (Animals, Space)
- Move around in a different way (jump like a bunny, hop like a frog)

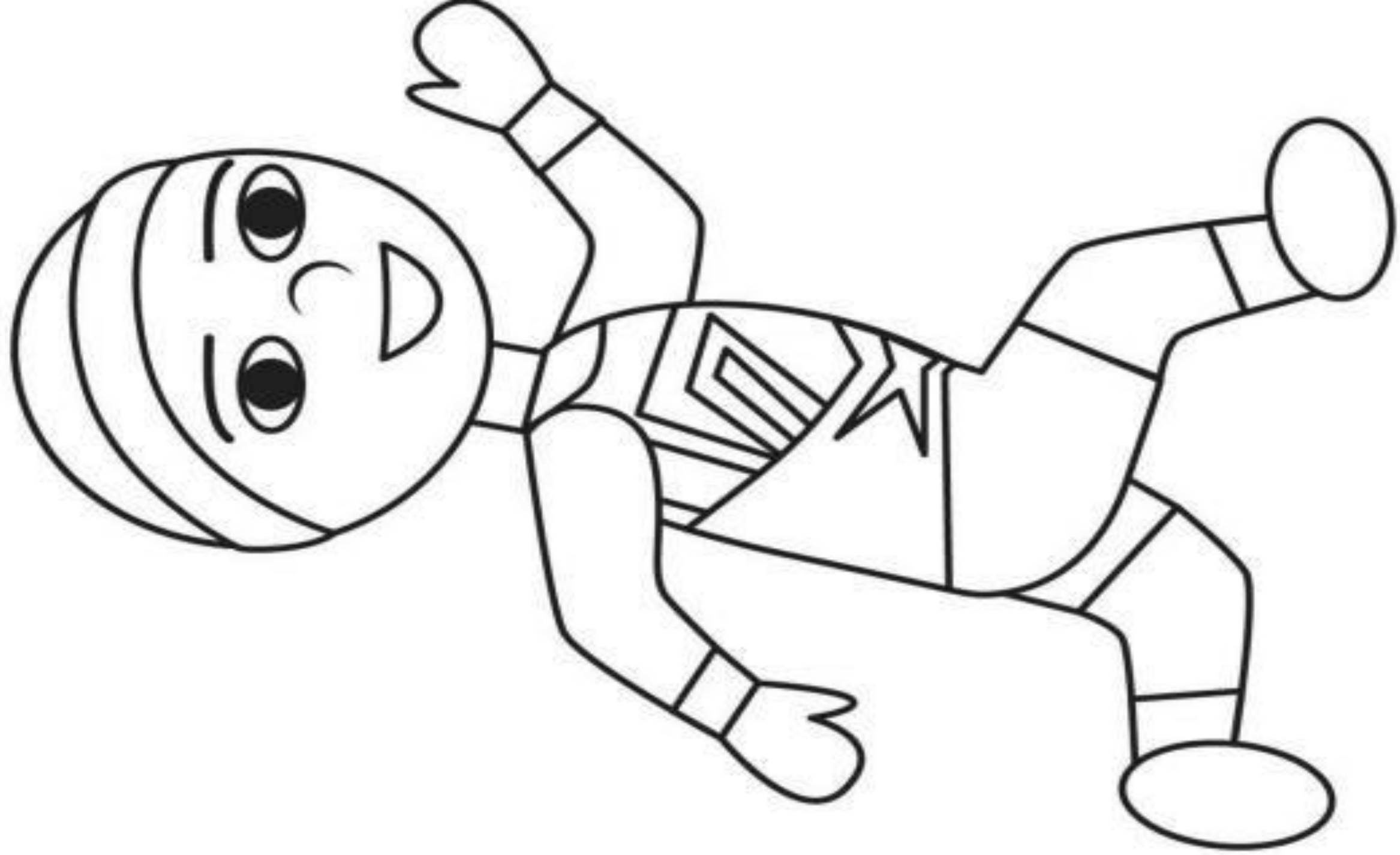


30 Minutes

### More of a challenge:

- Include more people from your household
- Attempt the course a number of times in a set time frame.





**Athletics**

# Wednesday – Jumping



## Activity:

- Set out your area, make sure it is safe.
- First stand with your feet shoulder width apart and jump forward, landing back on both feet to see how far forward you can jump.
- Repeat this, but from one foot this time.
- Which one was further?
- Now add a hop first and then make a large step.
- Next time turn the step into a jump. Are you getting further?
- Make sure you record your distance by using your markers and try to beat them next time.

## Equipment needed:

- Create some markers – use coins, socks, paper

## Make it easier:

- Try focusing on one movement. The hop then the step and then the jump.

## More of a challenge:

- Try the triple jump using the hop, step and jump one after the other in a combination.
- Try continuously completing it to move further.



30 Minutes



# Match the word to the picture

Draw a line to match the words

Javelin | Running | Swimming | Jumping | Shotput | Cycling | Hurdles



# Thursday – Speed Walking



## Activity:

- First try walking really quickly without running.
- You must have one foot touching the floor at all times.
- Keep your feet in a straight line and your hips should wiggle.
- Walk normally and alternate it with speed walking. Do you feel the difference?
- Make sure you are swinging your arms as you speed walk – it will help increase your speed and movement.
- Complete laps of your garden or set markers.

## Equipment needed:

- Create some markers – use socks, shoes, hats, teddies

## Make it easier:

- Try alternating between speed walking and normal walking.

## More of a challenge:

- Try to beat your time from the last walk.
- Compare the times
- Race a family member.



30 Minutes

Q T P J H Q Z T R R N U G N I D D E L S B O B U  
B R G M O L H J J D T C J B Y N C K X Z Y P O H  
K Q V D C D I T R K X T I Q D K K H S K T B N S  
Q P J S K Q D A W W J I S X K X D H Q M J X M D  
Z W X K E F S C N B B G P U Y W D D E I B U D S  
L R J I Y W U U F U A E M M B W C V M T O G J H  
M T S N G R R R B A S K S R D H U V Y T I H J Y  
T M J G O S I L W W K K U W L T J J W E W J S I  
S F S Z P W V I I M E U J U O K G M C N U M U O  
F Z U T Q H Q N I D T W Z X C P R E T N I W Y I  
N F Y P Q K H G Q I B K D O Z Z B J G S X Y S E  
F B A I F Y O F M Y A Y L E K N A U N A I Y R X  
G N I D D E L S I N L A W W I K T C I Y U P T T  
G Q H J O D G C Z U L Y A C L U G E L H O U X J  
N L Z D P M S G L S Y K P P K L H S T B J Z F J  
I S C A R F J Z T T A O C T J Z X I S J S K W D  
T D P R K M Z S N O W B A R D I N G E N N G T K  
A F Z Y D J L N H G A I K D M S H M R U Z O W F  
K U P A Y Y J U F L E R V Z I O K D W S H V U O  
S U A L I N P C B O P J E F A T N E J M Q M R U  
P J G Z O E X M N V S F S I A V Y K U B K K P C  
H R S Z B B P A F M V E N S F G P Q N A X R L P  
A J G P P I I A N Y X B O V R E O Z M U G D T W  
T S P O R T S L E S T U W R O U E T O N V Y L D

- Cold
- Curling
- Sledding
- Mitten
- Snow
- Scarf
- Snowboarding
- Wrestling
- Hat
- Bobsledding
- Hockey
- Sking
- Sports
- Luge
- Skating
- Coat
- Winter

# Friday – Throwing



## Activity:

- Target Challenge – Set out your targets and your balls. Aim for approximately 5 items and 5 targets with different distances.
- 5 points for the smallest and 1 point for the biggest target. Set the middle ones for 2,3 and 4 points.
- Using a underarm throw and a over arm throw aim for your target. Make sure you are stood behind a set line and add up your points.

## Equipment needed:

- Targets – Laundry basket, Bowl, Washing up bowl, piece of paper
- Throwing items – Crumpled paper, ball of socks, tennis ball

### Make it easier:

- Bring your targets closer and make your targets bigger.

### More of a challenge:

- Try to beat your last score.
- Challenge a family member to beat your score.



30 Minutes

# Fill in the missing vowels.

Cycl\_ng



A



Sw\_mm\_ng

F\_\_tb\_\_ll



E



Gymn\_st\_cs

Sk\_\_ng



I



R\_nn\_ng

W\_nds\_rf\_ng



O



V\_ll\_yb\_ll

U



# Plan Of Week 2 – Football

Days of the week:	Monday	Tuesday	Wednesday	Thursday	Friday
Activity:	Dribbling	Passing	Toe Taps	Scoring	Football Circuit
	Matching Game	Colouring	Word Search	What am I?	Colouring
Video Link:					



# Monday – Dribbling



## Activity:

- Create a course using object from your house (i.e water bottles)
- Dribble the ball in and out of the objects you have placed.
- Use the inside of your foot to complete this activity.
- Once you feel confident, make your course longer.



30 Minutes

## Equipment needed:

- Objects to create your course – water bottle, socks shoes, plant pots, boxes
- Ball – Rolled up socks, scrunched up paper ball, balloon, tennis ball

### Make it easier:

- Move the object further apart making the course bigger.

### More of a challenge:

- Move the objects closer together.
- Challenge a family member
- Use the outside of your foot to dribble

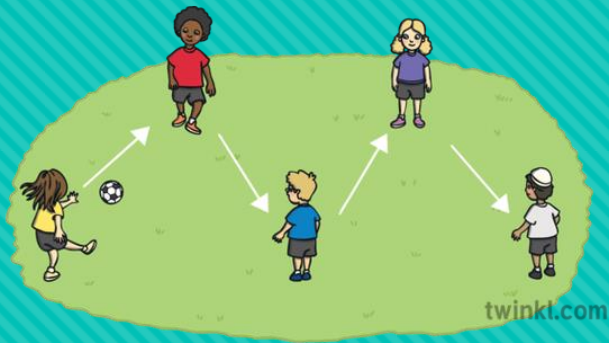
# Match the word to the picture

Draw a line to match the words

Goal | Kick | Tackle | Pass | Dribble | Keepy Uppy | Toe Tap



# Tuesday – Passing



## Activity:

- Get 2 objects set up. i.e Bins, plant pots, boxes.
- Place them about 5 large steps apart.
- Develop your passing accuracy by trying to pass the ball between the 2 objects (your goal)
- Continue doing this and complete the skill using the inside of your foot.

## Equipment needed:

- Objects to create your course – water bottle, socks shoes, plant pots, boxes
- Ball – Rolled up socks, scrunched up paper ball, balloon, tennis ball

### Make it easier:

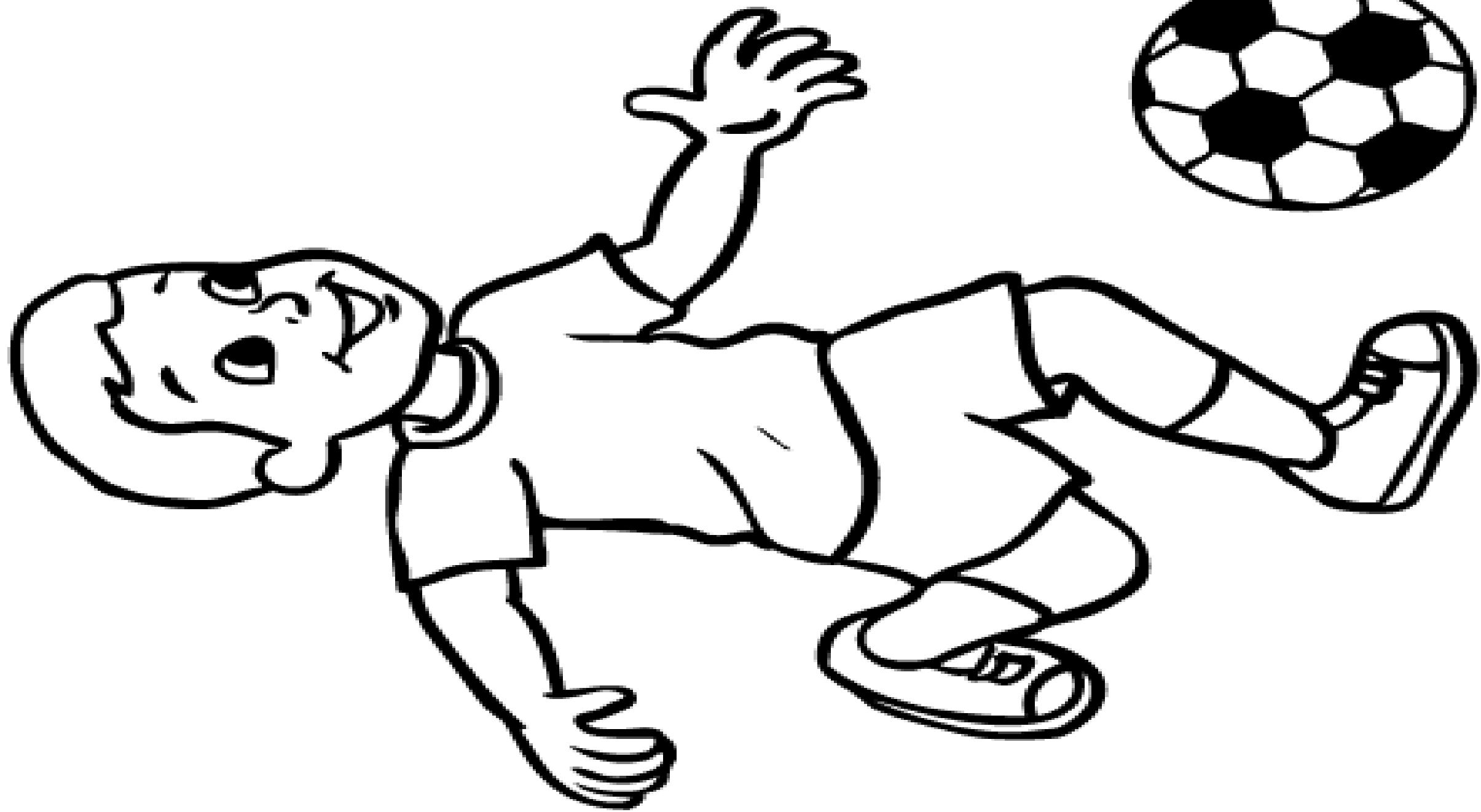
- Make the goal bigger by moving the objects outwards.



30 Minutes

### More of a challenge:

- Make the goal smaller by moving the objects inwards.
- Pass the ball to another member of your household.



# Wednesday – Toe Taps



## Activity:

- You must use a ball, or any other soft item. Place the item on the ground and begin your activity.
- Begin by marching and tapping your toes out with every step.
- The start to tap your toe on the object and switch feet.
- You must only use the tip of your toes.
- Once you gain control practice and speed up switching your feet
- Complete this activity with a number of different sized balls or objects.

## Equipment needed:

- A variety of balls or soft objects varying in size. (Socks, scrunched up paper, tin foil rolled into a ball.

## Make it easier:

- Use the same foot to tap the object/ball

## More of a challenge:

- Count how many taps you can do continuously.
- Challenge a family member.
- Try the complex toe tapping sequence.



30 Minutes

M	K	O	M	A	N	C	I	T	Y	U	L	T	L
L	N	C	C	R	A	T	A	A	N	N	I	N	I
D	E	T	I	N	U	N	A	M	O	N	V	Y	T
U	W	Y	C	N	H	P	W	R	E	O	E	E	N
T	C	A	C	E	R	E	W	Y	A	T	R	L	M
O	A	I	R	L	E	I	T	I	E	R	P	N	O
T	S	R	P	Q	C	T	R	L	E	E	O	R	R
T	T	W	O	H	R	E	N	S	T	V	O	U	B
E	L	E	C	H	E	L	S	E	A	E	L	B	T
N	E	S	S	U	N	D	E	R	L	A	N	D	S
H	N	T	R	S	T	O	K	E	C	I	T	Y	E
A	E	H	I	T	B	O	L	T	O	N	A	F	W
M	N	A	M	A	H	L	U	F	S	U	M	H	C
V	N	M	I	C	A	F	A	R	S	E	N	A	L

- Norwich
- West Brom
- Bolton
- Chelsea
- Stoke City
- Man City
- Tottenham
- Fulham
- Sunderland
- QPR
- Everton
- Arsenal
- Newcastle
- Burnley
- West Ham



# Thursday – Scoring



## Activity:

- Set out a goal area using objects (5 large steps)
- Use the entire length of the garden/park
- Using the dribbling skill, control the ball towards the goal and using the inside of your foot kick the ball into the goal area.
- Continue this for the duration of the session.
- Maintain accuracy and technique throughout.

## Equipment needed:

- Create a goal – use socks, plant pots, bins
- A variety of balls or soft objects varying in size. (Socks, scrunched up paper, tin foil rolled into a ball.

### Make it easier:

- Make the goal area larger and the dribbling run smaller.



30 Minutes

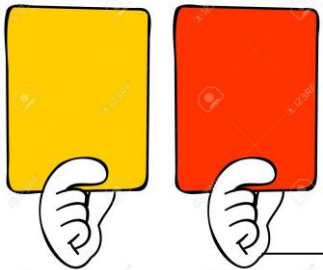
### More of a challenge:

- Include obstacles in the run that you need to go around or avoid. Use teddies, plant pots, stones, paper etc.

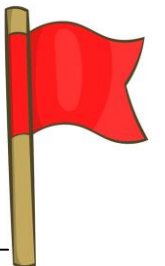


# What am I?

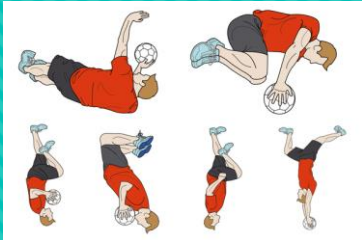
Copy the spelling and name the picture.



Football  
Cone  
Players  
Flag  
Red/Yellow Cards  
Goal  
Referee  
Goal Keeper



# Friday – Football Circuit



## Activity:



Complete the station circuit, work on the station for 30 seconds and then rest for 30 seconds between each activity.

Attempt to complete the whole circuit 3 times.

Equipment needed:

- Objects to create your course – water bottle, socks shoes, plant pots, boxes
- Ball – Rolled up socks, scrunched up paper ball, balloon, tennis ball
- A wall or a fence

### Make it easier:

- Work for a shorter length of time and rest for longer between each station.

### More of a challenge:

- Work for a longer length of time and rest for a shorter length of time between each station.
- Add more workout stations



30 Minutes

Toe Taps

Sit ups

Shuttle Runs

Lunges

Wall Pass

Leg Raises

Star Jumps

Dribble

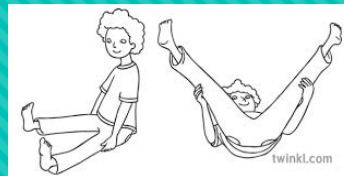
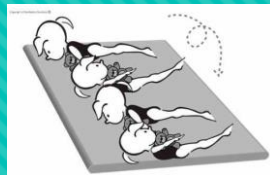
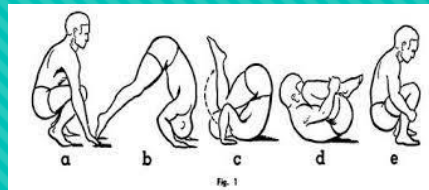


# Plan Of Week 3 – Gymnastics

Days of the week:	Monday	Tuesday	Wednesday	Thursday	Friday
Activity:	Rolling	Travelling	Balancing	Gymnastics Game	Gymnastic Circuit
	Matching Game	What am I?	Word search	Design your own Leotard	Colouring Page
Video Link:					



# Monday – Rolling



Equipment needed:

- You will need somewhere soft to work i.e. grass, mat, carpet, bedding

## Make it easier:

- Practice with the assistance of someone in your household.

## Activity:

- You will need to find yourself a convenient and large enough place to roll. Ideally somewhere soft ie. Grass/Mat/Carpet.
- Perform the log roll – practice until you feel comfortable
- Perform the teddy bear roll – practice until you feel comfortable
- Perform the egg roll – practice until you feel comfortable



30 Minutes

## More of a challenge:

- Practice the forward roll and try to include it in your rolling.



# Step by step - Rolls

## Log Roll

1. Stand in a wide open space – somewhere soft and preferably on a mat.
2. Sit down and drop to your side, straighten your legs out into the shape of a log.
3. Roll from your side onto your back and then continue onto the other side.
4. Finally Rolling onto your front.
5. Continue to motion a few times to complete the roll

## Teddy Bear Roll

1. Stand in a wide open space – somewhere soft and preferably on a mat.
2. Sit on the floor with your legs apart. (Keep them straight)
3. Stretch your hands to hold under your knees.
4. Fall to the side, roll to your back and push through onto the other side.
5. Push your body back into a sitting position. You shouldn't be facing the same place as before.

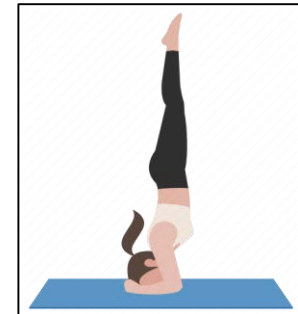
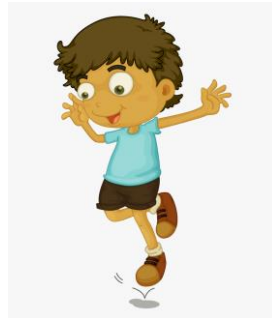
## Forward Roll

1. Stand in a wide open space – somewhere soft and preferably on a mat.
2. Squat with your feet together. Place your feet together and bend your knees so that you're squatting. Place your hands on the ground in front of you with your elbows bent. Your hands should be evenly spaced at shoulder width. This is the starting position for a beginner's forward roll.
3. Drop your head between your arms.
4. Then push forwards – moving onto your upper back and rolling through.

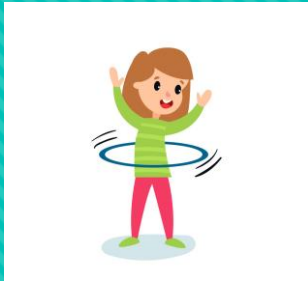
# Match the word to the picture

Draw a line to match the words

Hop | Skip | Headstand | Spin/Twist | Jump | Flip | Crawl



# Tuesday – Travelling



## Activity:

- Set out different stops in your garden/park. I.e. Bench, plant pot, chair, slide, cone, rock etc.
- Plan how you will travel to each item. Make sure to have 10 different stops/stations. Leave approximately 10 large steps between sections.
- You must travel differently to each section. You can hop, skip, jump, leap, spin, walk, run, gallop, crawl, roll. You can also make up your own traveling movements.
- Complete the course 2/3 times.

Equipment needed:

- Markers to show every section. I.e shoes, jumper, bench, plant pot etc.

### Make it easier:

- Set a smaller area and have less traveling. Use less techniques.

### More of a challenge:

- Make the space between markers larger.
- Challenge a family member. Who is quicker? Who's move is better?



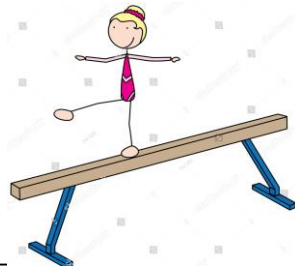
30 Minutes



# What am I?

Copy the spelling and name the picture.

Hop Skip  
Arabesque Rings  
Handstand  
Balance Beam Jump  
Pommel Horse



# Wednesday – Balancing



Equipment needed:

- Markers to section of your area - Paper, Plant pots, balls, socks, shoes, jumpers

## Make it easier:

- Only complete 3 elements of the sections and hold onto something.

## Activity:

- Set up 5 small areas. Make sure you have enough space. Stand in that area and stretch your arms out to make sure you have enough.
- Complete the stations 5 times over.

Stand on  
1 leg

Stand  
on your  
tip toes

Balance on 2  
hands and 1  
leg

Balance  
on 1 knee

Tuck knees into  
chest and  
balance on  
bum



30 Minutes

## More of a challenge:

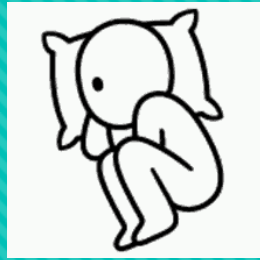
- Make extra stations and include a handstand and a head stand.
- Make up a balance holding onto someone else (A counter balance)

S	A	L	L	A	R	O	U	N	D	M	D	L	O
F	F	L	C	A	R	T	W	H	E	E	L	C	S
S	M	N	I	K	C	U	T	E	D	A	U	T	L
R	V	T	V	C	H	O	O	P	M	G	I	O	D
A	A	R	M	L	E	S	P	F	O	A	Y	C	N
B	U	A	A	I	O	C	L	U	N	O	L	M	A
N	L	M	E	T	B	I	N	V	O	D	S	A	T
E	T	P	B	R	P	P	M	L	B	R	C	A	S
V	R	O	C	A	E	M	E	E	B	O	O	M	D
E	M	L	O	I	G	Y	D	O	I	O	A	R	N
N	A	I	E	N	N	L	A	T	R	L	C	G	A
U	T	N	D	I	U	O	L	A	E	F	H	N	H
P	S	E	M	N	L	R	S	R	E	I	R	T	S
M	A	H	A	G	M	E	S	D	G	O	I	N	M

- Uneven Bars
- Gym
- Flip
- Beam
- Cartwheel
- Handstand
- Medals
- Tuck
- Olympics
- Trampoline
- Vault
- All around
- Leotard
- Training
- Mats
- Lunge
- Ribbon
- Hoop
- Floor
- Coach



## Thursday – Gymnastics Game



### Activity:

- Use a member of your family to shout out commands. PLAY, FAST FORWARD, REWIND, PAUSE, EJECT
- When they shout **PLAY** – hop, skip or leap around the room
- When they shout **FAST FORWARD** – run
- When they shout **REWIND** - walk backward
- When they shout **PAUSE** - curl up into a ball on the floor
- When they shout **EJECT** - jump as high as you can

Equipment needed:

- A member of your house hold to shout out the commands.

### Make it easier:

- Play the game without using the **FAST FORWARD/PLAY** command.

### More of a challenge:

- Include the command **FREEZE**.
- When this is shouted you must stand perfectly still until the next command is shouted.



30 Minutes

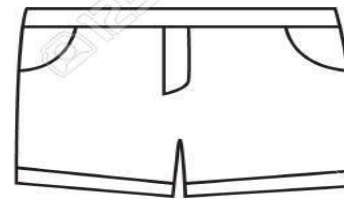
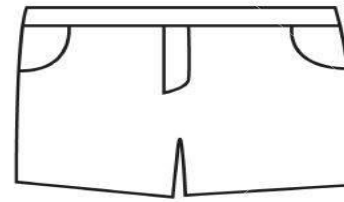
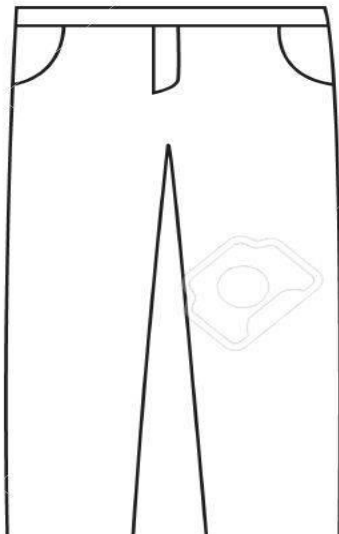
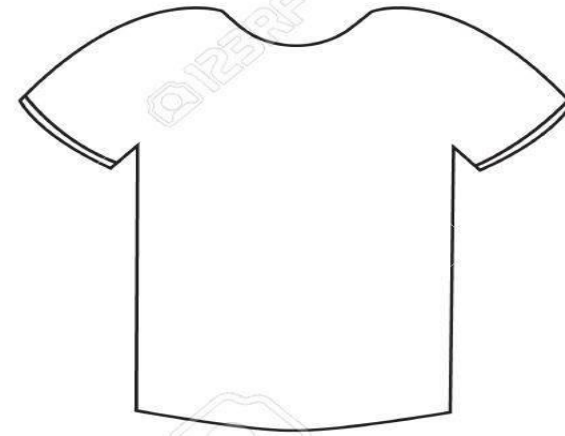
# DESIGN YOUR OWN LEOTARD

FEMALE



# DESIGN YOUR OWN LEOTARD

MALE



# Friday – Gymnastics Circuit



Activity:



- Complete the station circuit, work on the station for 30 seconds and then rest for 30 seconds between each activity.
- Attempt to complete the whole circuit 3 times.

Equipment needed:

- Objects to create your course – water bottle, socks shoes, plant pots, boxes

**Make it easier:**

- Work for a shorter length of time and rest for longer between each station.

**More of a challenge:**

- Work for a longer length of time and rest for a shorter length of time between each station.
- Add more workout stations of your own



30 Minutes

Log roll

Heal flicks

Teddy roll

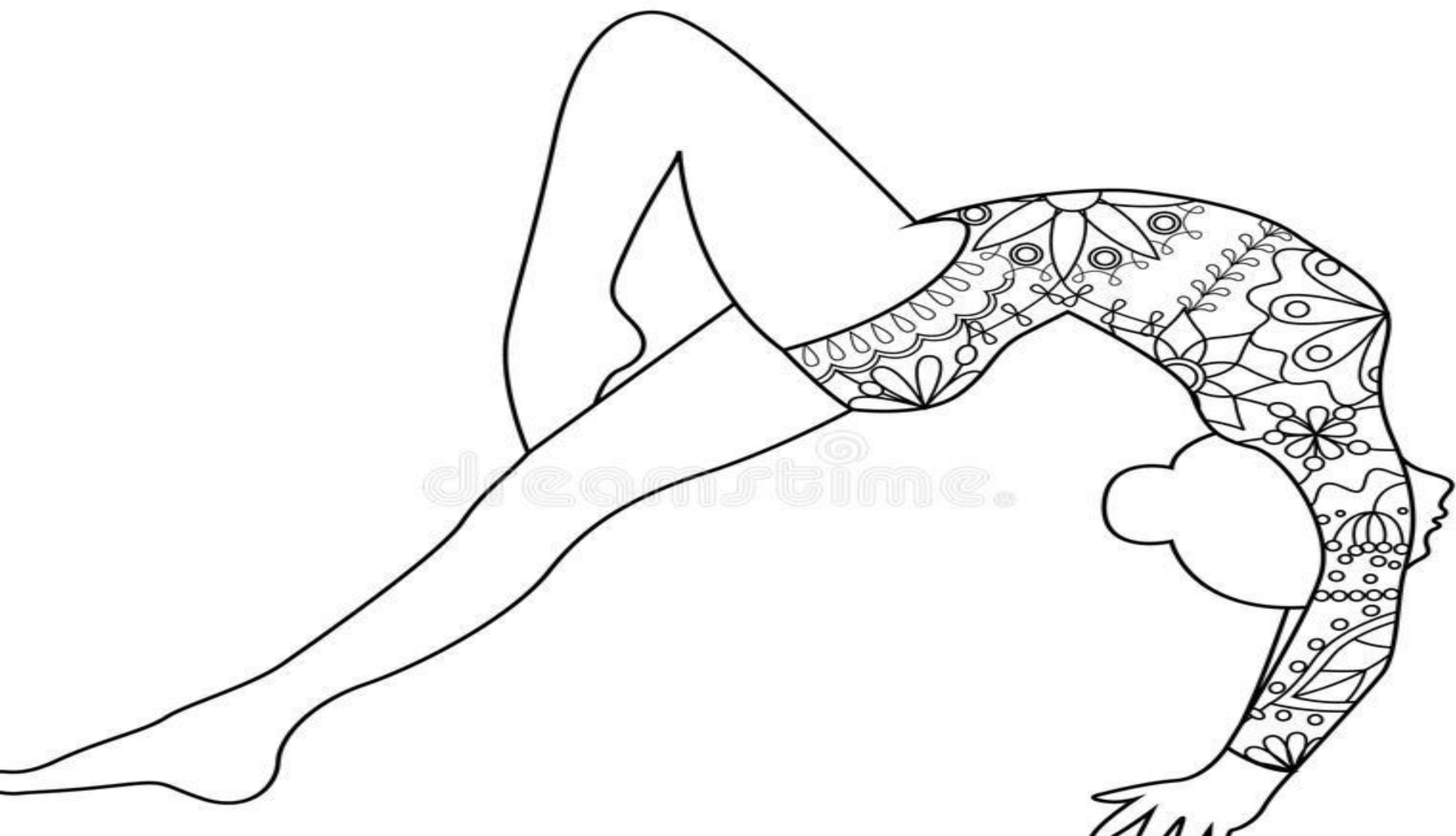
Star Jumps

Hop

High Knees

Egg roll

Tuck jump



# Plan Of Week 4 – Racket Sports

Days of the week:	Monday	Tuesday	Wednesday	Thursday	Friday
Activity:	Forearm	Backhand	Overarm	Serve	Racket Circuit
	Design your own kit	Colouring Page	Word search	Matching Game	What am I?
Video Link:					



# Monday – Forearm



## Activity:

- Use a racket or a frying pan with a balled up pair of socks or a tennis ball and practice holding it out whilst balancing the ball.
- Complete laps of your garden or you house carrying it like this.
- Now advance to tapping the ball up and down on the racket/frying pan.
- Do a lap trying to tap the ball up and down. Harder isn't it?
- Finally using the wall outside, using the forearm skills you have just practiced using the frying pan/racket hit the ball back and forth against the wall.

## Equipment needed:

- Racket – you could use a frying pan
- Tennis Ball – You could use balled up socks or scrunched up paper
- Wall

### Make it easier:

- Spend more time working on the balance and use a larger pan.

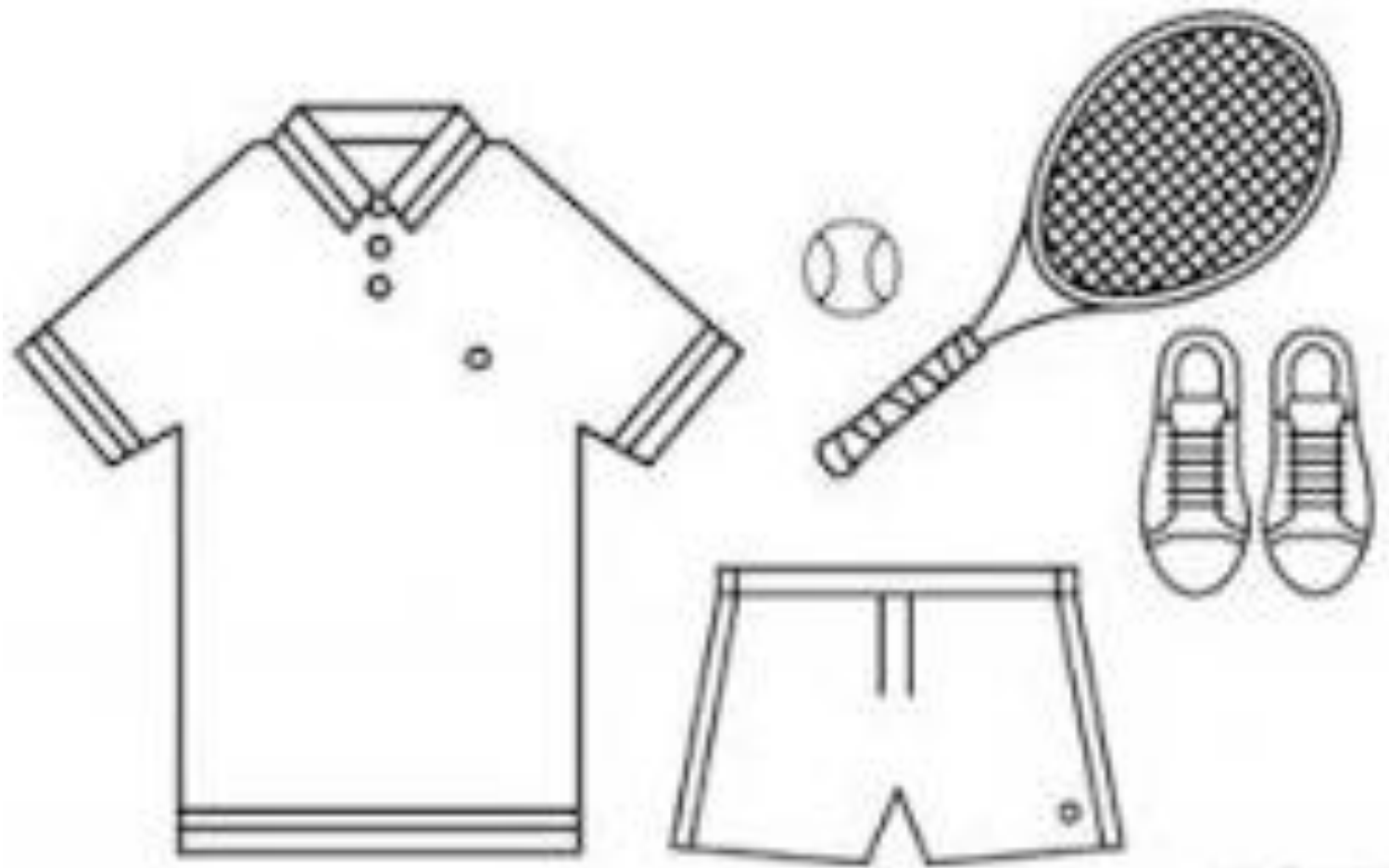
### More of a challenge:

- Try hitting it back and forth with another member of your household.



30 Minutes

# DESIGN YOUR OWN TENNIS KIT



# Tuesday – Backhand



## Activity:

- Opposite movement to yesterday, today you will hold your racket/frying pan towards your chest and swing out.
- First you will need to drop your ball/socks using the back of your hand. Drop it from above and hit it with the back of your hand.
- Now you need to use your ball/object and drop it from above the racket and practice hitting it with the racket stretching your arm out.
- Finally using the wall outside, using the backhand skills you have just practiced using the frying pan/racket hit the ball back and forth against the wall.

## Equipment needed:

- Racket – you could use a frying pan
- Tennis Ball – You could use balled up socks or scrunched up paper
- Wall

### Make it easier:

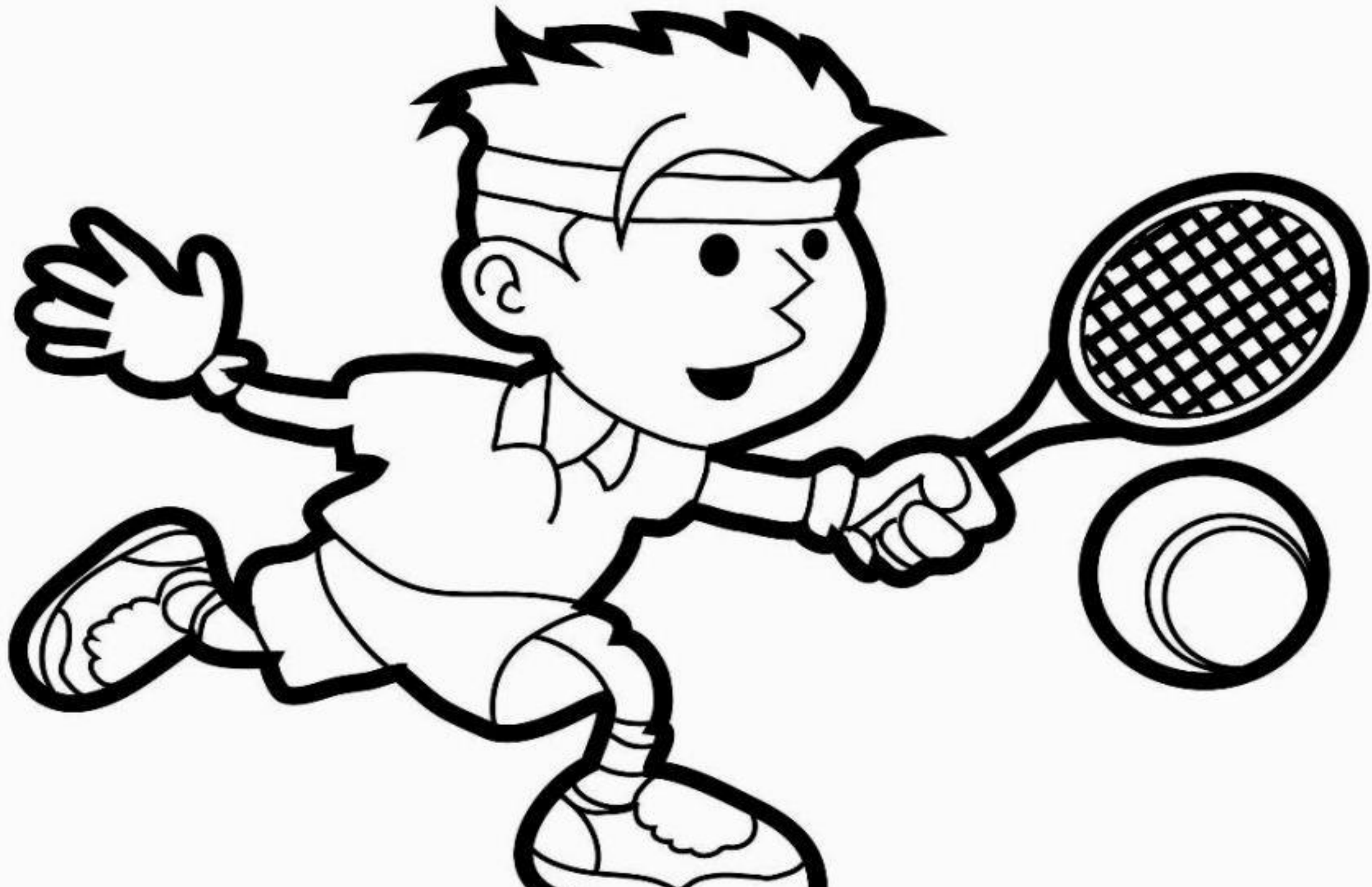
- Only practice this using the back of your hand.

### More of a challenge:

- Try hitting it back and forth with another member of your household.



30 Minutes



# Wednesday – Overhead



## Activity:

- Practice swinging your arm like an overarm throw. Start from the ear and swipe the arm forwards towards the ground.
- Move on to holding the ball/socks and dropping the ball between the ear and the ground.
- Now start to complete this move with the racket or the frying pan.
- Throw the ball up in front of your face and aim to hit it using the overhead shot.

## Equipment needed:

- Racket – you could use a frying pan
- Tennis Ball – You could use balled up socks or scrunched up paper

### Make it easier:

- Instead of using a ball or socks practice using a balloon.

### More of a challenge:

- Try hitting it back and forth with another member of your household.



30 Minutes



S	J	N	M	T	W	X	N	L	I	U	P	T	D	S	N	C	H
J	L	N	E	T	E	N	N	I	S	Q	U	Y	Z	X	V	Y	B
K	I	V	I	K	W	Y	U	J	R	D	N	B	C	V	L	C	O
L	J	G	C	U	I	D	K	E	H	S	B	M	K	J	I	L	P
L	F	D	E	W	F	H	M	I	L	D	E	R	L	C	V	I	S
A	W	W	D	H	O	K	H	B	N	C	X	V	L	Q	I	N	K
B	L	Y	R	E	O	I	G	D	S	K	U	I	A	L	K	G	B
T	G	H	E	W	T	C	K	L	M	B	U	I	B	D	S	F	P
E	S	A	F	G	B	E	K	W	R	T	J	K	Y	N	M	I	T
K	W	J	K	U	A	I	H	E	U	I	O	L	E	D	U	S	X
S	V	B	E	R	L	U	J	R	Y	F	Q	S	L	M	A	C	V
A	U	G	B	J	D	F	E	W	I	S	J	N	L	M	Y	U	Y
B	R	E	G	H	B	N	M	S	W	R	E	T	O	Y	T	H	J
K	I	L	O	H	Y	E	H	W	N	B	H	D	V	E	H	Q	W
K	F	N	O	T	N	I	M	D	A	B	M	N	U	R	A	W	Q
H	D	E	C	V	N	N	M	K	U	I	R	T	W	A	I	M	N
K	I	F	E	G	U	H	B	C	X	H	Y	R	E	Q	K	M	P
E	D	F	W	E	U	I	R	J	K	B	Q	Y	T	U	I	M	D

- Volleyball
- Basketball
- Football
- Hockey
- Tennis
- Badminton
- Fishing
- Cycling



# Thursday – Serve



## Activity:

- This is the same move you practiced yesterday, continue practicing the movement.
- Today, you will need to hit it against a target and practice your accuracy.
- Every time you hit the wall take a step back or to the side so you are starting from a different position but are still aiming for the same place in the wall.

## Equipment needed:

- Racket – you could use a frying pan
- Tennis Ball – You could use balled up socks or scrunched up paper
- Wall

### Make it easier:

- Instead of using a ball or socks practice using a balloon.

### More of a challenge:

- Try to continuously hit it back and forth
- Play with another member of your household.

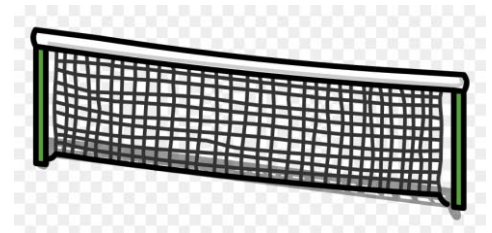
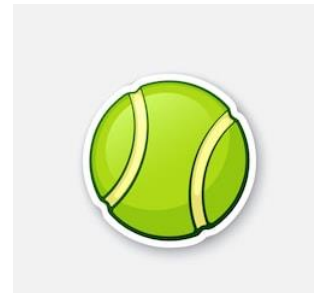


30 Minutes

# Match the word to the picture

Draw a line to match the words

Court | Tennis Ball | Net | Sports Bag | Shuttlecock | Racket | Player



# Friday – Racket Circuit



## Activity:

- Complete the station circuit, work on the station for 30 seconds and then rest for 30 seconds between each activity.
- Attempt to complete the whole circuit 3 times.

## Equipment needed:

- Objects to create your course – water bottle, socks shoes, plant pots, boxes
- Racket – Frying Pan
- Ball – Rolled up socks, tennis ball, balled up paper

## Make it easier:

- Work for a shorter length of time and rest for longer between each station.

## More of a challenge:

- Work for a longer length of time and rest for a shorter length of time between each station.
- Add more workout stations of your own



30 Minutes

Flip socks up and try to catch them in the pan

Star Jumps

Use the opposite side of the frying pan and flip it up

Mountain climbers

Hit the socks using overhand into a target

High Knees

Hit object forehand then switch to backhand

Burpes

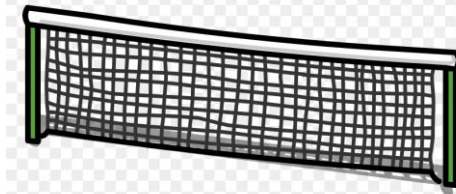


# What am I?

Copy the spelling and name the picture.



Tennis Court      Net  
Tennis Ball      Sports Bag  
Shuttlecock  
Tennis Racket      Players  
Badminton Racket

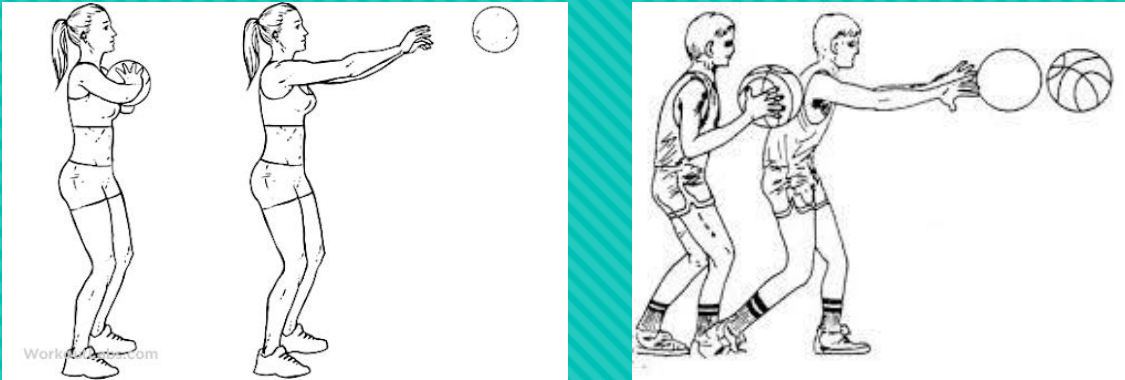


# Plan Of Week 5 – Netball

Days of the week:	Monday	Tuesday	Wednesday	Thursday	Friday
Activity:	Chest Pass	Overhead Pass	Bounce Pass	Target Practice	Netball Circuit
	What am I?	Word Search	Design your own kit.	Colouring Page	Word Match
Video Link:					



# Monday – Chest Pass



## Activity:

- You will complete the chest press challenge today.
- First practice the throw and the position you need to hold your arms.
- Tuck your elbow into the sides of your body and push away.
- Now practice pushing the ball away from your body and releasing the ball.
- Once you feel confident, either time yourself for 1 minute consecutively or count how many chest passes you can do against the wall without dropping the ball.

## Equipment needed:

- Ball – You could use balled up socks or crunched up paper
- Wall
- Target area.

### Make it easier:

- Spend more time pushing your arms out without releasing the ball to practice your technique.

### More of a challenge:

- Try passing it back and forth with another member of your household.



30 Minutes

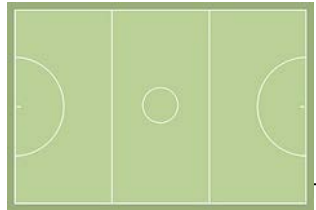


# What am I?

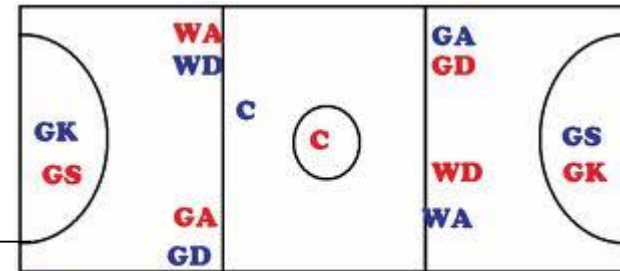
Copy the spelling and name the picture.



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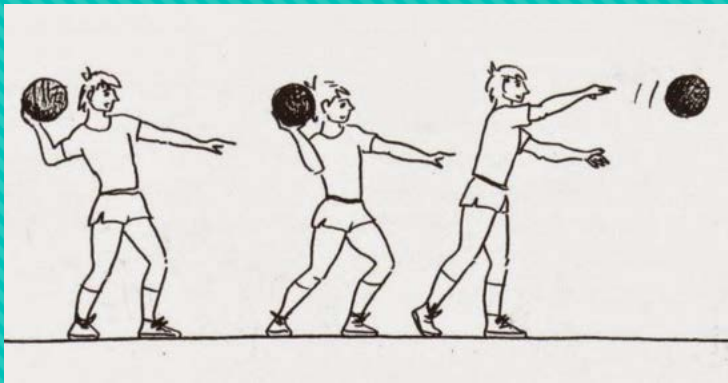
Netball Court      Goal  
Netball              Sports Bag  
Bibs                  Positions  
Netball Kit              Players



 = Blue Team.  
 = Red Team.



# Tuesday – Overhead Pass



## Activity:

- A slightly different movement from yesterday.
- Practice placing your hands together behind your head and swinging them up and forward and finally having your hands aiming towards the ground.
- Now use your ball, place it in your hands and practice the pass by letting the ball go as you swing forwards. You want to aim to release the ball when your hands are passing over your head.
- Set yourself a target area (maybe a spot on the wall, the top of the door and a light switch).
- If you have a family member with time to practice with, aim to pass the ball into their hands.
- Once you feel confident, either time yourself for 1 minute consecutively or count how many overhead passes you can do against the wall without dropping the ball.

## Equipment needed:

- Target area
- Tennis Ball – You could use balled up socks or scrunched up paper
- Wall

### Make it easier:

- Spend more time practicing the movement without releasing the ball to practice your technique.

### More of a challenge:

- Try passing it back and forth with another member of your household.

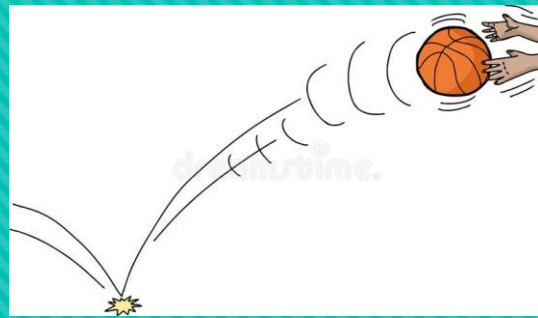


30 Minutes

E	H	P	A	G	O	A	L	A	T	T	A	C	K
L	T	T	E	A	M	U	A	L	O	R	O	G	E
T	C	W	J	U	M	P	F	R	W	E	G	J	H
S	A	O	W	P	E	S	U	U	D	Y	P	A	A
I	L	W	I	R	O	O	M	N	S	A	O	C	N
H	G	R	D	C	H	U	L	F	B	L	R	A	E
W	E	D	E	F	E	N	D	U	I	P	W	T	P
L	C	R	O	W	O	R	H	T	B	I	I	C	A
D	N	U	O	B	E	R	C	A	H	H	P	H	P
C	C	L	E	M	C	O	O	L	C	A	T	S	T
E	G	O	E	C	N	E	F	E	D	L	A	O	G
U	E	R	T	N	E	C	H	H	C	A	O	C	B
R	W	I	N	G	D	E	F	E	N	C	E	L	U
Y	I	O	A	A	S	U	P	P	O	R	T	E	R

- Goal Attack
- Wing Defence
- Umpire
- Rebound
- Coach
- Player
- Jump
- Throw
- Goal Defence
- Team
- Supporter
- Whistle
- Bibs
- Catch
- Centre
- Defend

# Wednesday – Bounce Pass



## Activity:

- Practice bouncing the ball using 2 hands. Bounce it onto the ground and catch it using both hands.
- Now advance and try completing that using only one hand. Bounce the ball and re-catch it.
- Once you feel confident, move onto bouncing the ball between yourself and the wall. Aim for a spot on the floor in front of you and push it hard enough that it continues to bounce up and hit the wall in front of you.
- Your final task is to bounce the ball between you and wall and have the ball return itself.
- How long can you do this for? How many can you complete in 1 minute?

## Equipment needed:

- Wall/Target/Floor
- Ball – Try using a bigger ball or a bouncy ball.

### Make it easier:

- Instead of using a ball or socks practice using a balloon.

### More of a challenge:

- Try bouncing it back and forth with another member of your household.



30 Minutes

# DESIGN YOUR OWN NETBALL KIT



# Thursday – Target Practice



## Activity:

- Target Challenge – Set out your targets and your balls. Aim for approximately 5 items and 5 targets with different distances.
- 5 points for the smallest and 1 point for the biggest target. Set the middle ones for 2,3 and 4 points.
- Using a underarm pass, a overarm pass and a bounce pass aim for your target. Make sure you are stood behind a set line and add up your points.

## Equipment needed:

- Targets – Laundry basket, Bowl, Washing up bowl, piece of paper
- Throwing items – Crumpled paper, ball of socks, tennis ball

### Make it easier:

- Bring your targets closer and make your targets bigger.

### More of a challenge:

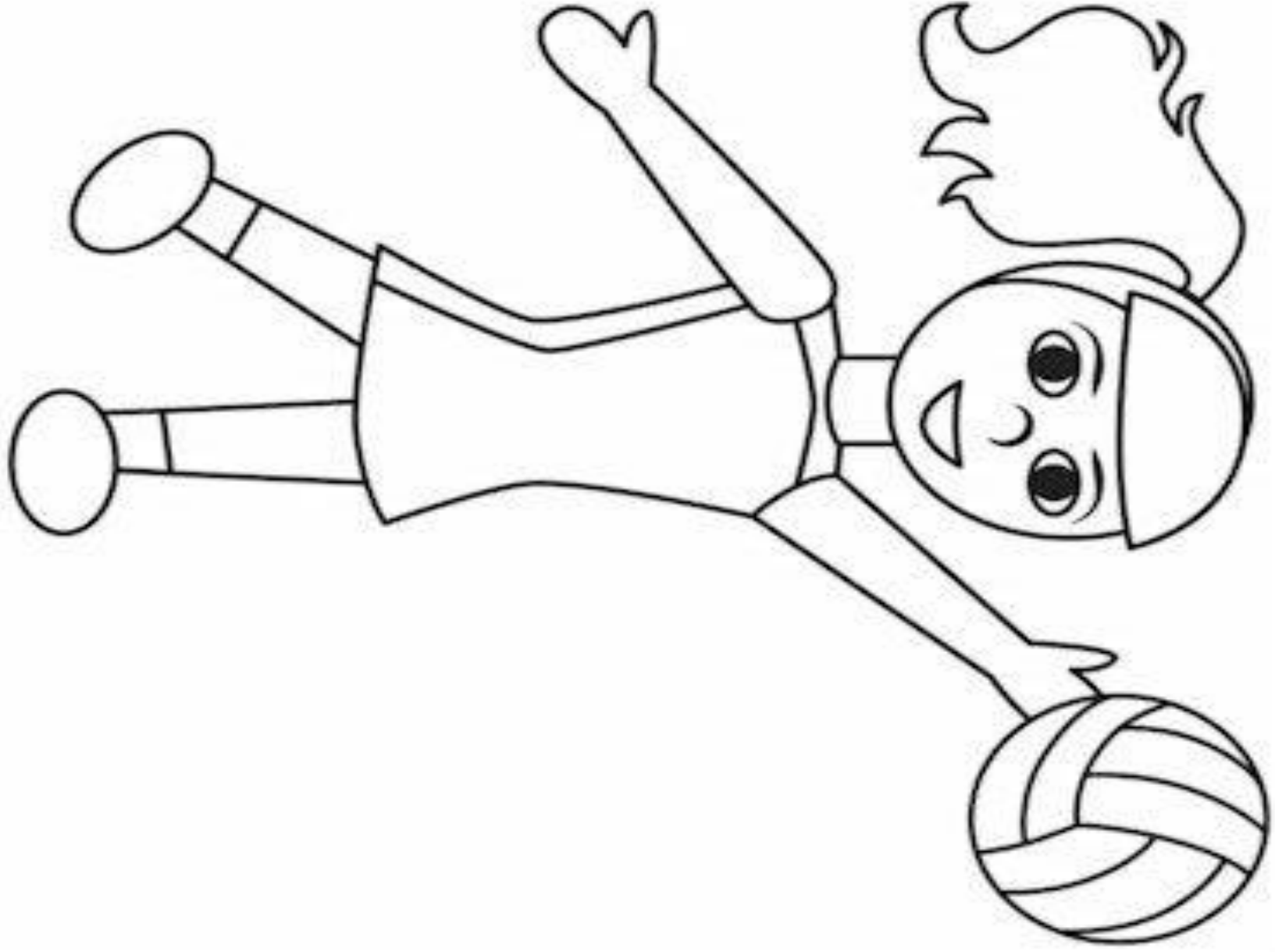
- Try to beat your last score.
- Challenge a family member to beat your score.



30 Minutes



Handwriting practice consisting of six rows of dotted lines for tracing. The first row is a wavy line. The second row is a zigzag line. The third row is a line with a small bump in the middle. The fourth row is a line with a small bump in the middle. The fifth row is a line with a small bump in the middle. The sixth row is a line with a small bump in the middle.



# Friday – Netball Circuit



## Activity:

- Complete the station circuit, work on the station for 30 seconds and then rest for 30 seconds between each activity.
- Attempt to complete the whole circuit 3 times.

## Equipment needed:

- Objects to create your course – water bottle, socks shoes, plant pots, boxes
- Ball – Rolled up socks, tennis ball, balled up paper
- Target – Wall, Floor

## Make it easier:

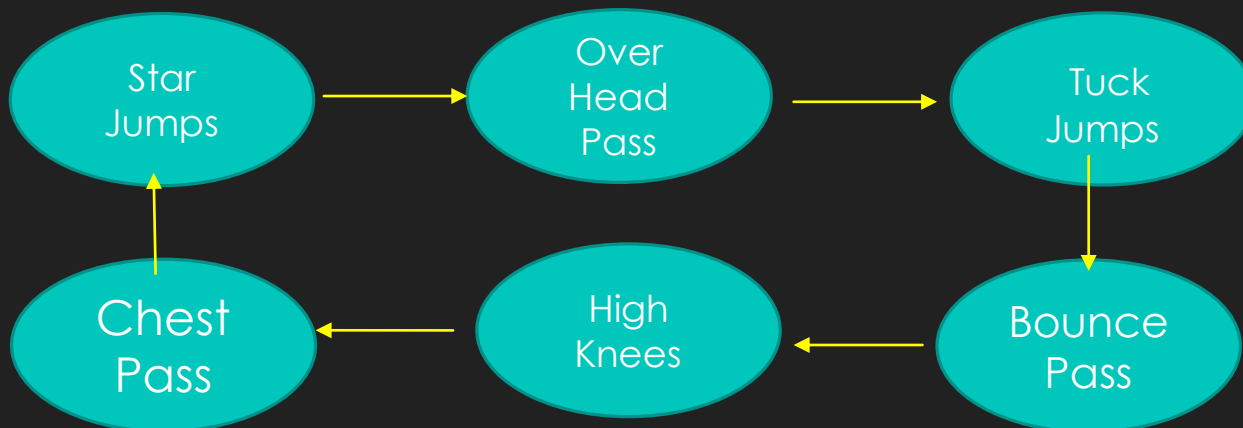
- Work for a shorter length of time and rest for longer between each station.

## More of a challenge:

- Work for a longer length of time and rest for a shorter length of time between each station.
- Add more workout stations of your own



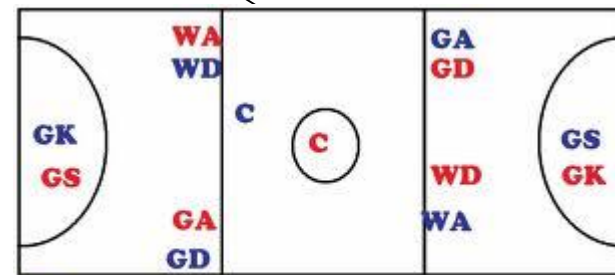
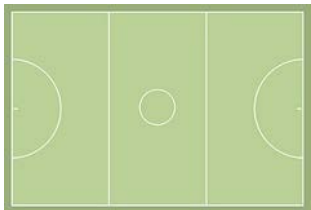
30 Minutes



# Match the word to the picture

Draw a line to match the words

Court | Netball | Goal | Positions | Bibs | Netball Kit | Player



■ = Blue Team.  
■ = Red Team.



# Plan Of Week 6 – Do you remember?

Days of the week:	Monday	Tuesday	Wednesday	Thursday	Friday
Activity:	Athletics	Football	Gymnastics	Racket Sports	Netball
	Colouring Page	Word Search	Missing Vowels	Colouring Page	Colouring Page
Video Link:					

# Monday – Athletics



## Activity:

- What can you remember from Week 1?
- Today I want you to complete elements of the lessons learnt during that week.
- Set yourself out an obstacle course, as you have previously done. But make a number of sections. And use all the skills you have learnt.
- Include, speed walking, throwing, jumping and running.
- Write down your course and attach it onto the next page.

## Equipment needed:

- Using your imagination (but staying safe) use equipment such as teddy bears, blankets and socks as markers and stations.

### Make it easier:

- Make less stations and use skills you feel confident with.

### More of a challenge:

- Try making it a competition.
- Challenge yourself and your family to beat timings.

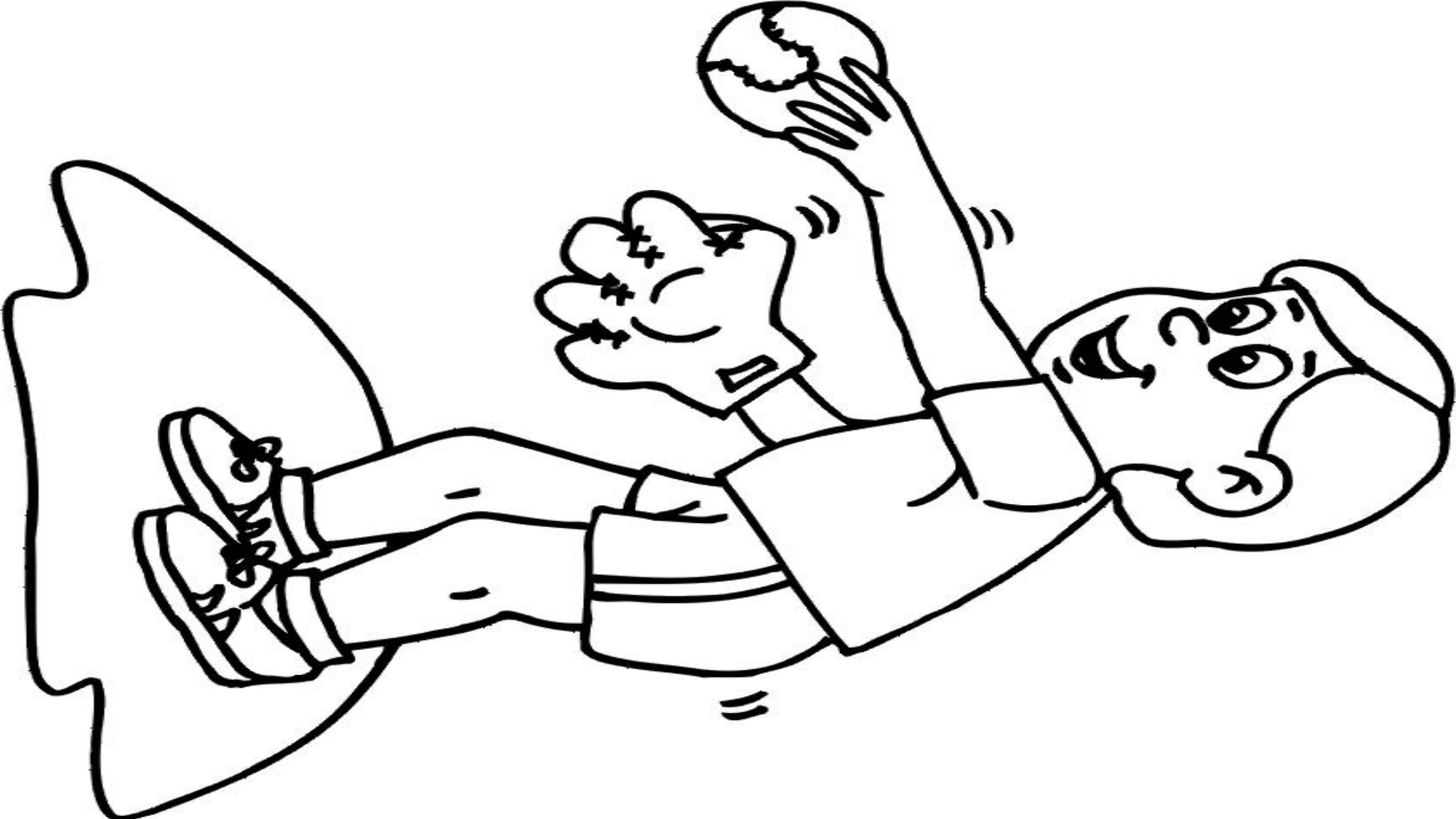


30 Minutes

# Athletics obstacle course

Explain your stations.  
What order did you complete the tasks in?





# Tuesday – Football

## Activity:

- Today we will look at what you learnt in Week 2.
- I want you to practice dribbling, passing, toe tapping and scoring goals.
- What part of the foot do you use?
- Make yourself a football circuit. Set up different stations to practice your different skills.
- Write down your circuit and attach it onto the next page.

## Equipment needed:

- Using your imagination (but staying safe) use equipment such as teddy bears, blankets and socks as markers and stations.
- Ball – if you don't have a ball try using a balled up pair of socks, a scrunched up piece of paper/foil.

### Make it easier:

- Make less stations and use skills you feel confident with.



30 Minutes

### More of a challenge:

- Try making it a competition.
- Challenge yourself and your family to beat timings.

# Football circuit

Explain your stations.  
What order did you complete the tasks in?

A	O	P	S	N	I	M	Y	E	Y	N	E	C	N
L	L	P	M	L	Q	O	E	Y	T	O	L	O	R
L	I	N	C	A	U	R	L	B	I	T	T	S	U
I	V	S	I	L	H	B	T	S	C	L	S	W	B
V	E	H	A	O	H	T	A	L	N	O	A	B	K
N	R	U	E	H	Y	S	S	B	A	B	C	U	C
O	P	L	S	C	T	E	N	E	M	A	W	R	A
T	O	L	L	I	I	W	F	O	W	V	E	N	L
S	O	C	E	W	C	T	U	W	T	T	N	L	B
A	L	I	H	R	E	I	L	S	L	R	H	E	T
L	E	T	C	O	K	L	H	Y	I	M	E	Y	L
L	L	Y	R	N	O	A	A	W	H	U	Q	V	V
U	C	H	N	R	T	T	M	M	N	N	P	L	E
E	V	R	H	A	S	A	C	N	L	T	R	T	N

- Everton
- Fulham
- West Ham
- Blackburn
- Burnley
- Hull City
- Stoke City
- Newcastle
- Aston Villa
- West Brom
- Liverpool
- Norwich
- Chelsea
- Bolton
- Man City

# Wednesday – Gymnastics

## Activity:

- What can you remember from Week 3?
- Today I want you to complete elements of the lessons learnt during that week.
- Set yourself out a gymnastics circuit, as you have previously done. But make a number of sections. And use all the skills you have learnt.
- Include rolling, travelling, balancing and twisting.
- Write down your course and attach it onto the next page.



30 Minutes

## Equipment needed:

- Using your imagination (but staying safe) use equipment such as teddy bears, blankets and socks as markers and stations.

### Make it easier:

- Make less stations and use skills you feel confident with.

### More of a challenge:

- Try making it a competition.
- Challenge yourself and your family to beat timings.

# Gymnastics circuit

Explain your stations.  
What order did you complete the tasks in?



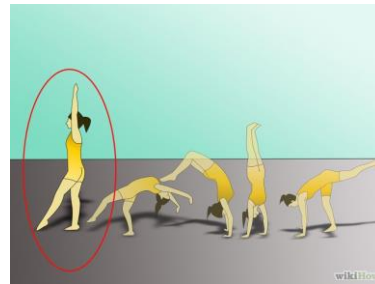
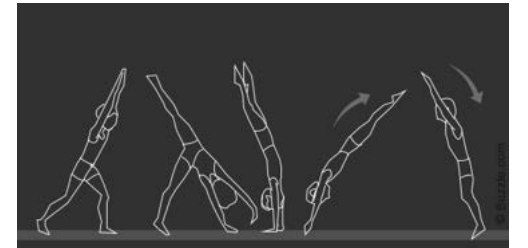
# Fill in the missing vowels.



**A E I O U**



F\_rw\_rd R\_ll  
B\_ckw\_rds R\_ll  
H\_ndst\_nd  
C\_rtwh\_\_l  
R\_\_nd\_ff  
Fr\_nt W\_lk\_v\_r  
B\_ck W\_lk\_v\_r  
H\_\_dst\_nd



# Thursday – Racket Sports

## Activity:

- What can you remember from Week 4?
- Today I want you to complete elements of the lessons learnt during that week.
- Set yourself out a tennis/badminton circuit, as you have previously done. But make a number of sections. And use all the skills you have learnt.
- Include backhand, fore hand, over head shot and serving.
- Write down your course and attach it onto the next page.

## Equipment needed:

- Using your imagination (but staying safe) use equipment such as teddy bears, blankets and socks as markers and stations.
- Ball – if you don't have a ball try using a balled up pair of socks, a scrunched up piece of paper/foil.

### Make it easier:

- Make less stations and use skills you feel confident with.



30 Minutes

### More of a challenge:

- Try making it a competition.
- Challenge yourself and your family to beat timings.

# Racket Sports circuit

Explain your stations.  
What order did you complete the tasks in?



# Friday – Netball

## Activity:

- What can you remember from Week 5?
- Today I want you to complete elements of the lessons learnt during that week.
- Set yourself out a Netball circuit, as you have previously done. But make a number of sections. And use all the skills you have learnt.
- Include overhead pass, chest pass, bounce pass and scoring.
- Write down your course and attach it onto the next page.

## Equipment needed:

- Using your imagination (but staying safe) use equipment such as teddy bears, blankets and socks as markers and stations.
- Ball – if you don't have a ball try using a balled up pair of socks, a scrunched up piece of paper/foil. Or use a bouncy ball.

### Make it easier:

- Make less stations and use skills you feel confident with.



30 Minutes

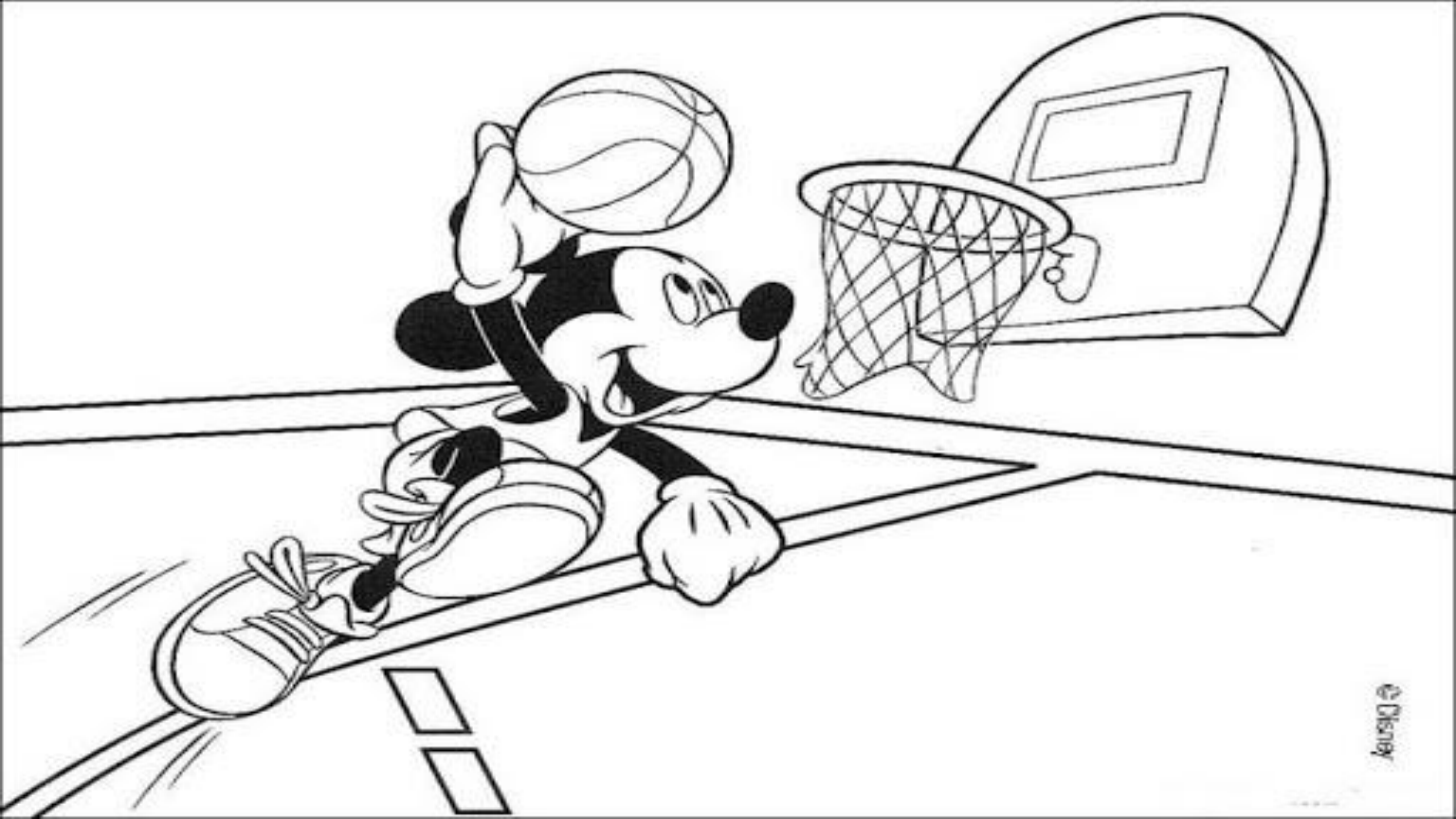
### More of a challenge:

- Try making it a competition.
- Challenge yourself and your family to beat timings.

# Netball circuit

Explain your stations.  
What order did you complete the tasks in?







Firs  
Primary  
— School —

LEARNING, GROWING  
& ACHIEVING TOGETHER