



KS2 PE AT HOME

Exercise and Learning

How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.
- You will need an adult/ partner to help



Straddle

- Sit with legs in a V shape
- Toes pointed
- Hold arms straight out above legs
- Keep back straight
- Head up looking forward

Can you make the shape?



Tuck

- Sit on the floor
- Bring knees to chest
- Hold each knee with one hand
- Keep knees and feet together
- Keep back straight
- Tuck chin into chest
- Lift heels from the floor
- Point toes to touch the floor



Pike

- Sit on the floor
- Keep legs straight and together
- Point Toes
- Hold arms straight and above legs
- Keep back straight
- Head up and looking forwards



Straight

- Stand up tall
- Feet, ankles and knees together
- Arms and fingers straight and pointed
- Body straight – stretch up
- Head up – looking forward

Spend 5 minutes Practicing these shapes above before trying our game-

HOW TO COMPLETE!!

- Jog on the Spot
- Every 10 seconds the adult or partner will call out a shape (look at shapes above to help)
- Hold the shape for at least 5 seconds
- Try to complete each shape at least 3 times over 5 minutes

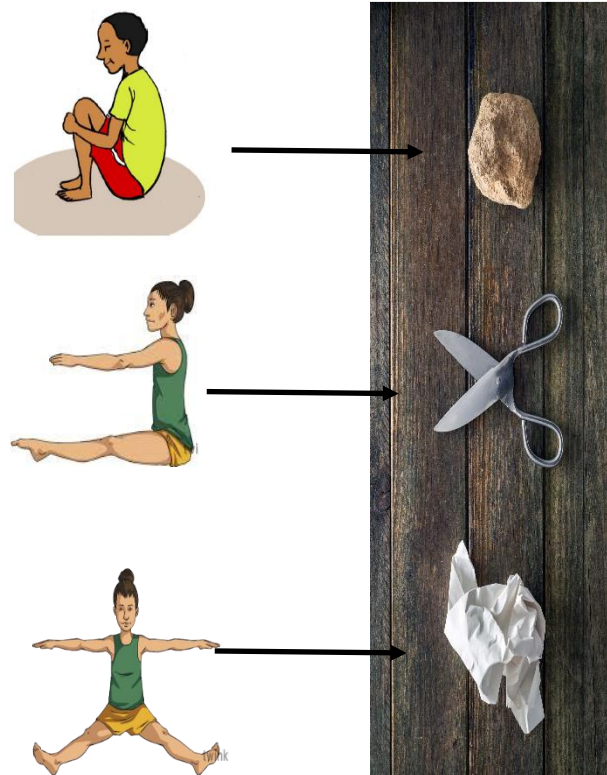
Rock Paper Scissors

How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.
- You will need an adult/ partner to play

How to Complete:

- Sit Back-to-Back with another player
- On the Count of 3 play Rock Paper Scissors using Key shapes instead of hand Actions
- Rock= Tuck
- Paper = Pike
- Scissors = Straddle
- If the adult/partner doesn't want to play using Key shapes – they can use hand actions



Rules:

- Paper beats Rock
- Rock Beats Scissors
- Scissors beats paper

Who will win First to 10?

Simon Says

How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.



Tuck



Straight



Straddle



Pike

HOW TO COMPLETE!

- Choose someone to be 'Simon'. This person calls out a key shape one at a time using the phrase "Simon says Straight" Everyone performs the shape
- If Simon doesn't say "Simon says..." at the beginning everyone should NOT perform the shape
- How many people can Simon catch out?

Question Time?????

While the student is performing these Key Shapes, the teacher can ask the student some questions?

- Can you name **5** countries in Europe?
- Billy goes to the shop and buys a pair of trainers and a tennis racket (the trainers cost **£22** and the tennis racket is **£15**) Billy pays for everything with a £50 note how much change will he receive?
- Can you spell your **first** name and **second** name backwards?
- What Year did London Host the Olympic Games? **A)** 2008 **B)** 2010 **C)** 2012 **D)** 2014

Make a Routine

How to Set UP!

- Make sure you have enough space to be able to jump on the spot and make a star shape
- Complete in socks or bared foot.
- You will need an adult/ partner to play

HOW COMPLETE!

- Use the Key Shapes to create a mini routine
- Link Key shapes together using smooth transitions between each shape
- Can you perform your routine to music?
- Can you perform your routine with a partner?



Tuck



Straight



Straddle



Pike

Cool Down Stretches

How to Complete

- Make sure you have enough space to be able to jump on the spot and make a star shape.
- Complete in socks or bared foot
- Hold each stretch on each side for 10 seconds.



Calf Stretch- place one leg in front of the other one step apart, keeping your back leg straight and bend front leg, leaning slightly forward and keeping both feet facing forward.



Triceps (arm stretch)- Standing tall reach 1 arm across the body, keeping your arm straight, use your opposite arm to hold the stretch out.



Quadriceps Stretch- Stand on one leg, hold your non standing leg behind you. You can reach your other arm out to help you balance.



Obloquie (side stretch) – stand with your back straight and your feet shoulder width apart. Reach one arm in the air and lean over to the opposite side.