



10 for...

Home Learning 2

An assortment of active games & activities suitable for a range of ages.





All slides/cards can be printed in greyscale or black & white.

Slide	Contents	References & Links
3	Mirroring	
4	Speed Bounce	
5	Circus Skills	
6	Ball Handling	
7	Circuits	
8	Indoor Football	
9	60 Seconds Skipping Challenge	
10	Standing Long Jump Challenge	
11	Races	
12	'T' Time Trial Challenge	

These activities and many more available at <https://wakelet.com/@GlasgowCityCouncil>.
Plus, search 'PEPASS Glasgow' on YouTube, Twitter and Instagram for more activities and further support.

Mirroring

Arms and Legs

What you do:

- Stand facing someone
- Together make the following movements, and take turns to lead. (partner should be using the same leg or arm as you)
 - March in place, keeping your arms still
 - Stop
 - Wave your arms high
 - Stop
 - March in place & wave arms high at the same time
 - Stop
 - March forwards
 - Stop
 - March backwards
 - Combine the marching to make a short sequence (counting the steps helps)

The Opposite

What you do:

- Stand facing each other
- One person is 'A' and the other person is 'B'
- Move at the same time and agree when to stop and change roles
 - A - Walk in place, keep arms still ('B' does the same)
 - Stop
 - B - Stand still, wave your arms ('A' does the same)
 - Stop
 - A - Stand still, wave your arms ('B' does the same)
 - Stop
 - B - Walk in place, keep arms still ('A' does the same)
- Make up your own opposite actions



From Right to Left

What you do:

- Sitting in your chair, Can you make the following actions?
 - Right foot to left hand
 - Right knee to left elbow
 - Right leg over left leg with your left elbow on top
 - Right hand to the left side of the seat
 - Right hand along the front, to the left back leg of your chair
 - Right hand along the back, to the left shoulder
 - From left to right
 - Do the same exercises, but now begin with the left.





Speed Bounce

Equipment

Something soft to jump over a rolled up blanket or towel a small cushion, a cuddly toy.

Side to Side Jumping Challenge

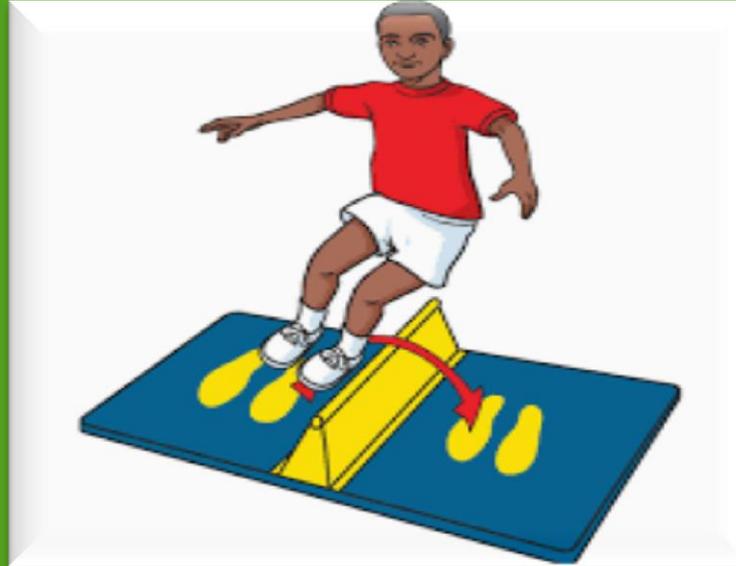
What you do:

How many times can you jump from side to side with your feet together in 20 seconds?

Count how many then see if you can beat that, or challenge your family.

Changes and Challenge

20 seconds too easy? See if you can go for 30 seconds.



Circus Skills

The Big Circus

The lion tamer gives clear instructions and points with the stick, the lions sit up and stick out their paws.

The tightrope walker balances carefully on the high wire.

The rider performs tricks on a trotting horse.

The seals balance things on their nose & head.

The elephant takes heavy steps, slowly and carefully sits back on their hind legs.

The acrobats work together on their jumps and tumbles.

The juggler uses their hands and eyes to help throw and catch the paper balls.

What you do:

One person can be The Ringmaster and gives instructions for someone else to perform one of the circus actions (swap roles);

- Clown - climb the rope - use your arms and legs
- Snake - uncoil upwards
- Tightrope walker - make a half turn on one leg
- Seal - balance a ball on your nose
- Juggler - keep your eyes on the ball
- Rider - Can you use only one leg?
- Acrobats - Can you turn upside down?

The Living Room Circus

The living room circus offers a special programme.

What you do:

- Pulling funny faces
- Touching the tip of your nose with your tongue
- Wiggling your ears
- Rolling your tongue
- Winking
- Tricks with your fingers





Ball Handling

What you need:

- A ball
- If you don't have a ball, a pair of rolled up socks or something you can pass round your legs will work

Figure of 8

What you do:

- Stand feet a little wider than shoulder width apart
- Ball in hand
- Guide the ball through the legs in a figure of 8 shape.
- Think through the front and round the back

Change and Challenge

- How many times can you complete an 8 in 30 seconds?
- Try keeping your head and eyes up. Don't watch the ball!



Circuits

What you do:

- Clear a safe space in your house or garden.
- Complete the 5 activities with a minutes rest in-between each one.
- Can you perform each activity for 30 seconds without stopping?
- Repeat the circuit.

Changes and Challenge

- Perform the activity for 45 seconds or 1 minute.
- Stop for only 30 seconds in-between activities.
- How many times can you complete the circuit?

1 - Star jumps



2 - Squats



3 - Jogging on the spot



4 - Press ups



5 - Hopping



Indoor Football

Ball Mastery

The aim is to get as many touches of a football as possible using different skills and parts of the foot.

The object is small touches and close control as not to ruin the furniture!!!

Any size ball or texture should be fine.

You should attempt this standing on a spot.

What you do:

1. Move the ball between both your feet using the inside of your feet only.
2. Toe taps- Toe Taps on top to the ball as quickly as you can.
3. Sole rolls-roll the football on the sole of your feet from toes to heels. Try with both feet.
4. Side sole rolls- roll the ball under your feet going from the inside to outside of your foot. Try both feet.

Change and Challenge

Challenge yourself by seeing how quickly you can do 100 in or how many you can do in 60 seconds?



60 Seconds Skipping Challenge

What you do:

- How many times can you skip using skipping ropes in 60 seconds?
- Count how many then see if you can beat that, or challenge your family.

Change and Challenge

- Criss-cross the ropes over with your hands as you jump through them
- Double-unders; jumping higher and letting the rope circle twice before landing



Standing Long Jump Challenge



PEPASS

Physical Education
Physical Activity
School Sport

together inspiring success



Equipment

Measuring Tape



How far can you jump with both feet from a standing position?

What you do:

- Stand with your feet as wide as your hips
- Bend your knees
- Lean forward and use your arms for momentum
- Jump as far as you can
- Get someone to help you measure the distance with a measuring tape

Change and Challenge

- Get an adult to help you
- Measure the distance from where you take off to where your heels first land on the ground shown in the picture above.
- Have three jumps and see which of them was your best effort
- Record that as your personal best to beat next time.



Races

These should be organised to comply with social distancing and not sharing equipment.

Depending on differing abilities/ages of the pupils, please change the space & task to make the races more competitive, challenging and rewarding for all.

No Equipment required

What you do:

1. Flat Races (simple & straightforward race)
2. Two footed jumping instead of running
3. Hopping (change leg halfway through race)
4. Challenges at halfway e.g. an exercise, something fun (such as put on an extra piece of clothing), complete a task etc.
5. Differing starts e.g. sitting start, facing wrong way, no hands start, false instructions, complete a task to start etc.



Bean Bag Races (or maybe even use a soft cuddly toy)

What you do:

1. Balance on head, shoulder, foot etc.
2. Trap object between feet, knees, body + elbow etc.
3. Throw, turn + catch while moving
4. Throw and complete a number of claps while moving
5. Target hitting; throw into or hit a target before moving on

Basic Equipment

What you do:

1. Skipping ropes
2. Bat + ball (or alternative object balanced on bat e.g. scrunched up sheet of newspaper)
3. Hurdles
4. Dribble e.g. football, hockey, tennis etc.
5. Newspaper race 1; balance on various parts of body e.g. chest, arm, head etc.
6. Newspaper race 2; place one bit of paper down at a time to walk on.

Change and Challenge

Relays

1. A combination and/or variety of the above activities
2. Active Noughts and Crosses
3. Active Connect 4

'T' Time Trial Challenge

Equipment

Markers (these can be anything) e.g. cones, water bottles, paper etc.

What you do:

- Set out T shape 4 metres x 4 metres
- Place markers on floor, see photo.
- Run forward from start position to marker 2
- Side step, left foot lead to marker 3
- Side step, right foot lead to marker 4
- Side step, left foot lead to marker 2
- Run backwards to marker 1

Change and Challenge

- How many times can you repeat this in 30 seconds?
- Increase time of challenge
- After each line of travel, touch the marker with your leading hand.

