

Activities can be adapted if you don't have equipment.

# Monthly P.E. Calendar

## Healthy Body, Healthy Mind

Keep active at home for your health and wellbeing. (P4-P7)



**Monday**  
**Yoga**  
(calm your body and mind)

**Tuesday**  
**Rugby**  
(feel the speed)



**Wednesday**  
**Gymnastics Jump**  
(into action)

**Thursday**  
**Feel Good Fitness**  
(hill run health)



**Friday**  
**Volleyball**  
(pro balloon fun)

**Saturday**  
**Go Again**  
(pick your favourite from this week)



**Sunday**  
**Go Again**  
or **Tennis Time**

**Monday**  
**Fab Football**  
(concentrate on passing)



**Tuesday**  
**Stair Climb Challenge**  
(you can achieve)

**Wednesday**  
**Dance 'Shake it up'**  
(shake it off and feel good)

**Thursday**  
**Multi-Sport Circuit**  
(stay active)



**Friday**  
**Athletics**  
(throwing skills, target fun)

**Saturday**  
**Go Again**  
or **Knee Tag**



**Sunday**  
**Go Again** or **Gymnastics Rotation**

**Monday**  
**Feel Good Fitness**  
(outdoor circuit)

**Tuesday**  
**Yoga**  
(relax with swim stretch)



**Wednesday**  
**The Happy Scavenger Hunt**

**Thursday**  
**Rugby**  
(ball handling skills)



**Friday**  
**Dance Rockin' Roll**  
(stay active, have fun)



**Saturday**  
**Juggling Challenge**  
(you can do it)

**Sunday**  
**Go Again** or **Badminton**



**Monday**  
**Skipping**  
(stay active, feel healthy)



**Tuesday**  
**Gymnastics Balance**  
(Stretch to relax)

**Wednesday**  
**Dance**  
(synchronized swim style)



**Thursday**  
**Jump The River**  
(jump into activity)

**Friday**  
**Netball**  
(footwork fitness)

**Saturday**  
**Go Again**  
or **Tennis Time**

**Sunday**  
**Knobbly Knees Race**

### Yoga- Calm Your Mind

#### Task

- Hold each yoga pose for 60 seconds.
- Start with the easy pose and finish with the sleeping pose.



Easy Pose



Chair Pose



Tree Pose



Boat Pose



Cobra Pose



Bow Pose



Cat Pose



Butterfly Pose



Sleeping Pose



### Rugby- Acceleration and Speed

#### Task

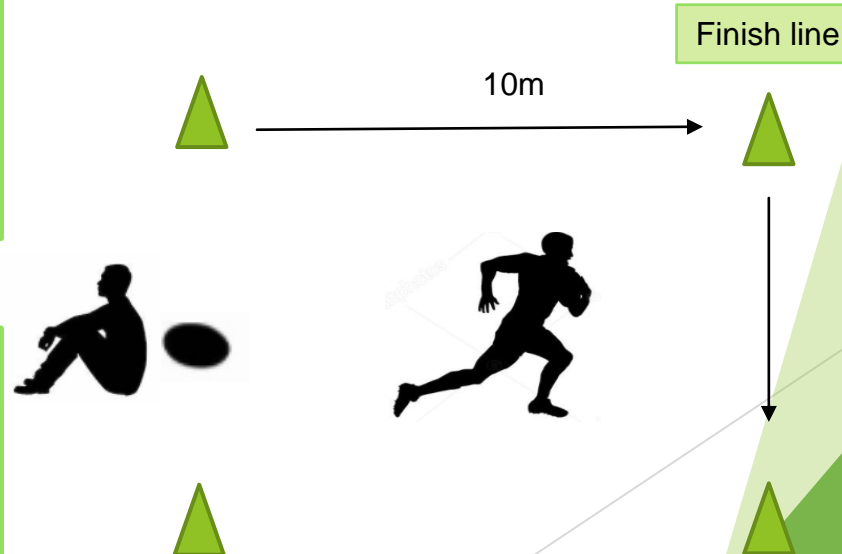
- Set a grid roughly 10m x 5m.
- Place the rugby ball on the start line.
- Sit with your back facing away from the finishing line.
- Quickly get on to your feet, turn, pick the ball up and sprint to the finishing line.
- If possible, get a friend to time you and tell you when to go.

#### Equipment

- Find a space in your garden or the park.
- A rugby ball and markers (water bottles/ tins of food/ clothes)
  - If you don't have a rugby ball use any other ball or a water bottle.

#### Challenge

- Can you beat your time?
- Progress on to lying on your stomach in starting position.



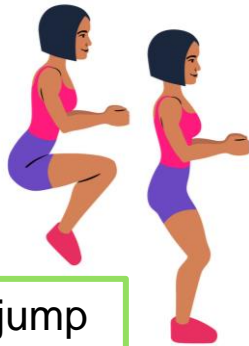
### Jumps

#### Task

- Jog on the spot then Stretch first to warm up.
- Try each jump 4 times.
- Practice the ones you find easy first.



Split leap



Tuck jump



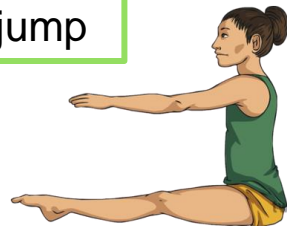
Straddle jump



Straight jump –  
Quarter turn  
Half turn  
Full turn



Pike jump



Star jump

#### Challenge

- Can you make up a jump sequence?
- Can you think of any jumps of your own?

Have Fun,  
Keep Fit!

### Fitness – Hill Runs

#### Task

- Go outside.
- Find a hill that you think you could run up.
- Run up the hill at a pace that's comfortable for you.
- Walk back down.
- Try to get to the same point each run.

Repeat this 5 times.

#### Challenge

- If you have a good level of fitness, jog back down the hill.
- Add more runs on, can you get to 10?
- Challenge a sibling or do it together.



Get Out,  
Stay Active!

## Balloon Pro Volleyball

### Equipment

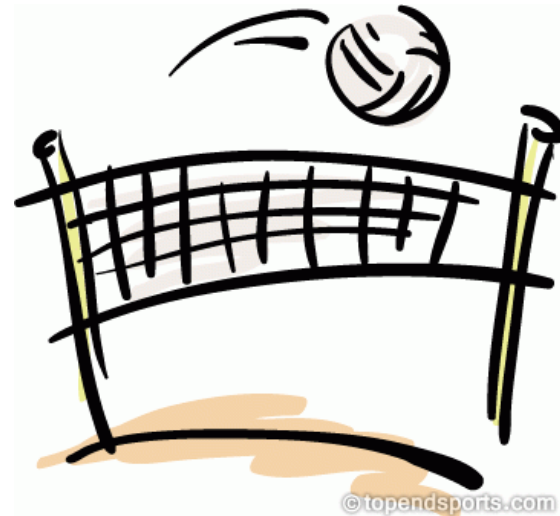
- A balloon.
- Something for a net- a piece of string, broomstick across two chairs, a line of cushions!

### Task

- Hit the balloon over the "net".
- Get a point if the balloon touches the ground on the other side.
- 3 touches and over.
- First to eleven points is the winner!

### Challenge

- On your own? Play Beat Your Record.
- How many hits can you get?
- How long you can keep it in air?
- Use different parts of your body to keep the balloon in the air.





**Go Again!**



**Get Out,  
Have Fun,  
Stay Active!**



### Task

Pick your favourite from this week's activities.



BENCH TRICEP DIPS



## Tennis- The Volley

### Equipment

Tennis racket and ball. If no tennis racket, use any bat and ball.

### Task

- Hit a tennis ball against a wall and see how many times you can hit it without it bouncing.
- Try this on your forehand for 5 minutes.
- Try this on your backhand for 5 minutes.
- Your racket in front of you when you are volleying.

### Challenge

- To make it harder try to do it further away from the wall.
- With someone else in your house try and volley to each other, how many can you do?





## Football - Passing

Get Out, Get Active, Feel Healthy!

### Equipment

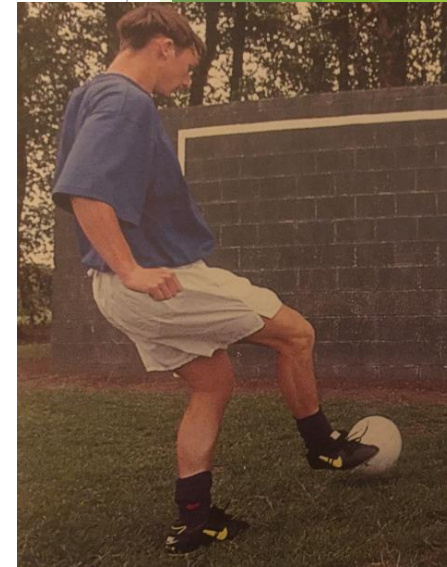
- A ball and a wall. A football is ideal, but any ball will do.
- A space in your garden, park or street close to a wall that the ball can rebound off.

### Task

- Using the inside of your foot pass a ball against a wall.
- Let the ball rebound off the wall then practice the skill of passing again and again.
- How many passes can you do without losing control?
- Can you pass for 1 min?
- Try passing with the opposite foot.

### Challenge

- Try to beat your score.
- Can you pass for more than 1 min?
- Pass with the R foot for 5 then the L foot for 5 and keep that pattern going.
- Ask a member of your household to practice with you. Pass to each other.



## Stair Climbing

### Task

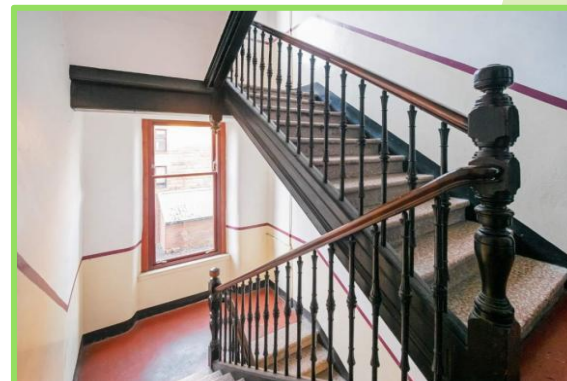
- Explore your local area and find some stairs (or use indoor ones).
- Start by walking up the stairs one at a time, walk back down and repeat.
- If that was too easy, try jogging up them, walk down and repeat.

### Challenge

- For an added challenge, run up them, walk back down and repeat.
- The number of repeats will depend on your fitness level and the length of the staircase you are climbing.



Get Active,  
Feel Healthy!



### **‘ Shake It Up’ Dance Warm-up** *“Get that body moving!”*



#### **Upper Body Wake-up**

Stand tall with your feet hip distance apart.

#### **Head Turns:**

- Turn Left & Right.
- Up and down.  
Hold 2 count  
Repeat.

#### **Shoulder Rolls:**

- Circle shoulders,  
4 x forward.
- Circle shoulders,  
4 x back.
- Repeat.

#### **Lower Body Wake-up**

Stand tall with feet together.

- 4 small knee bends (bounces).
- 4 bounces lifting heels off the floor.
- 4 small jumps off the floor.
- Repeat twice.

#### **Handshake:**

- Reach arms up  
high and  
shake hands 4x.
- Stretch to sides  
and shake.
- Down by side and  
shake.
- Repeat shaking  
hands 2x.

#### **Hip Tilts:**

- Lift hips to Right  
then Left 8x.
- Lift them  
Forward & Back  
8x.
- Repeat all 4x  
each hip tilt.

**Using jumps, kicks, shakes, turn  
and claps move in any direction, up  
or down, side to side, for the length  
of a whole song.**

**(e.g., ‘Happy’ by Pharrell Williams  
is a great upbeat track to dance to)**

Enjoy yourself and sing along!!



### Multi-Sport Individual Circuit

### Get Active, Feel Healthy!

#### Task

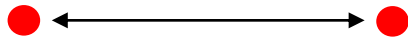
- Complete each activity for 60 seconds.
- Can you do 2 or 3 rounds of the circuit?
- Count how many you get at each activity
- Can you improve on round 2 and 3?

#### Equipment

- Any object to use as markers.
- Shuttle or rolled up socks.
- Basketball or rolled up socks.
- Basketball hoop or bucket.

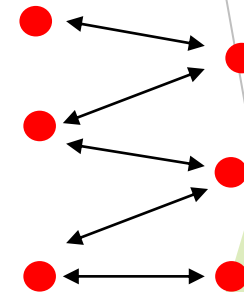
#### 1. Shuttle Run – Athletics

Run fast from one marker to the next, count your laps.



#### 2. Shuttle Hoopla - Badminton

- Sidestep to each marker and place shuttle into each one.
- Sidestep backwards and pick shuttles back up.



#### 3. Shooting the Hoop – Basketball

Practice shooting into the basket from different sides of the hoop.

- If you don't have a basket use a bucket.

#### 4. Skipping – Boxing

- Count how many times you can skip.
- Can you skip backwards.
- No skipping ropes? Quick jumps and how many?

#### 5. Balancing – Yoga

Hold a yoga balance for 60 seconds



ARM BALANCE YOGA POSES

## Athletics - Target Practice

### Equipment

- A table.
- Rolled up socks/foam balls/ping pong balls.
- Empty water bottles, soft drinks cans, cereal boxes.

### Task

Make sure you have plenty of space and permission from an adult.

- Place the empty boxes and cans on the table. Place 2 water bottles as markers for the start line.
- Stand behind the start line and throw your soft ball/socks at the targets. Use underarm throws and overarm throws.
- Decide which targets are worth more points.
- Keep the score.
- The player with the most points wins.
- If alone, how many can you knock over in 1 minute?.



Get Active,  
Feel Healthy!

### Challenge

- Move the targets further away.
- Try stacking the targets - how many can you knock over at once?
- Try it blindfolded.

Throw



## Knee Tag

### Task

- Find a space for 2 people.
- Stand with your feet shoulder-width apart.
- Face each other with your hands on your own knees.
- Try to touch the unguarded knee of your partner.
- Score a point every time you touch their knee.
- After 1 minute, the person with the most points is the winner.

## Get Active, Feel Healthy!

### Challenge

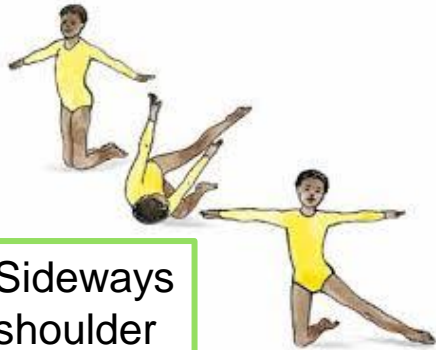
- Try playing for 2 or 3 minutes and keep score.
- Each player folds their left hand behind their back.



### Gymnastics- Rotations

#### Task

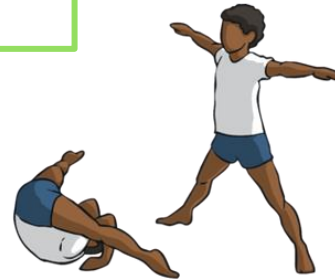
- Jog on the spot then Stretch first to warm up.
- Try each rotation 4 times.
- Practice the ones you find easy first.



Sideways  
shoulder  
roll



Back roll



Straddle  
roll



Pencil roll



Forward  
roll



Teddy  
bear roll

#### Challenge

- Can you make up a rotation sequence?
- Can you think of any rotations of your own?

Have Fun,  
Keep Fit!

### Fitness- Outdoor Circuit

### Get Out, Get Active, Feel Healthy!



Step ups



Squats



#### Task

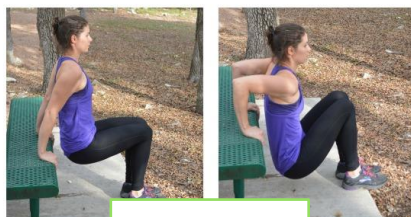
- Complete this outdoor circuit with members of your family.
- Find a short route around your house or in a park that has a bench or set of steps.
- Walk then complete the exercise and repeat.
- Do what you are comfortable with.



Press ups



Single leg dips



Tricep dips



Australian mountain climbers



## Yoga for Swimming- Arm Balance Poses



### Task

- Try these yoga poses.
- Hold each balance for 60 seconds.

### Challenge

- Create your own balances using swimming strokes and skills shapes.



## Scavenger Hunt- The



## Hunt



### Task

**Search for the things that make you happy!!**

- Something that smells good.
- Your favourite t shirt.
- Something that makes you laugh.
- A leaf in your favourite park.
- Something you like to share.
- Something outside that is your favourite colour.
- Something inside that is your favourite colour.
- Something that tastes good.
- Something that keeps you warm.
- Your favourite place outside to look at the view.

### Challenge

- Create your own happy scavenger hunt.
- Along with someone in your house, take turns of hiding your favourite items around your house or garden and challenge each other to find them.



## Rugby- Rugby Ball Handling Skills

### Equipment

- Rugby ball. (or any ball/cuddly toy/rolled up socks)
- Safe space inside or outside.

### Task

- Standing feet shoulder width apart, hold the ball with two hands at waist height.
- Throw the ball in to the air, releasing the ball as your hands point to the sky.
- Keep your eye on the ball, bring your hands down to chest height, arms almost fully extended and palms facing the sky. As you catch the ball bring it into your body.
- Practise throwing and catching for a few minutes.



### Challenge

- Try throwing the ball as high as you can, how many times can you clap before catching it?
- Try throwing the ball high and forwards, now you must move to catch the ball.
- Combine the above by throwing high and forward whilst moving and clapping before catching the ball.
- Challenge a family member, who can do the most claps?



## Rockin' Roll Dance Routine



### Starting Position

Stand tall with your feet directly under your hips and your arms relaxed by your side.



*Feet with Heat*

### Kicking Section

1. 4 low kicks forward (right/left/right/left). Repeat & turn around 360' as you kick.  
**Repeat**
2. 2 low kicks on R foot, 2 kicks on L foot.  
**Repeat.**

### Hand Click Section

3. Step to right side, tap left foot at right foot, and swing your arms to the right while clicking your fingers.  
Repeat to the left side.  
**Repeat.**
4. "V" step: Step R foot out to R corner and click fingers high to corner.  
Step L foot to L corner and click high.  
Return R foot and click fingers & return L foot and click. Stand feet together.  
**Repeat all.**

### Travel Kick

5. 4 low kicks travelling forward.  
4 kicks as you turn around 360'.  
8 small runs back and flick heels up as you run.
6. Repeat 'V' Step (4).  
**Repeat the whole routine.**

### Tips on Learning it:

- Practice each section separately without music to begin.
- Practice each section with music, (*Christina Aguilera's 'Candy Man'*)
- Practice the whole routine without music, then practice with music.

### Challenge

1. Perform the routine twice through.
2. Try performing it with a partner.

## Juggling Challenge

### Equipment

- Three small balls or rolled up socks of similar shape and size.
- To make easier use tissue paper, hankies or fabric squares.

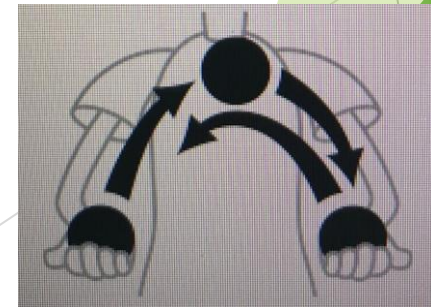
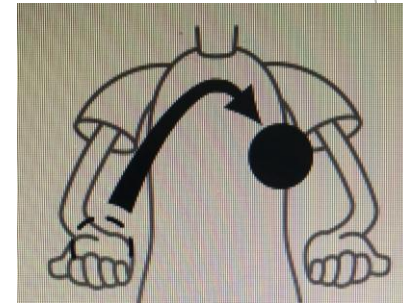
### Task

- Toss the ball from one hand to the other.
- Keep your eyes looking ahead.
- The picture shows you how high to throw the ball.



- Next try with two balls.
- One in each hand.
- Throw one ball just before the other so they swap hands.
- See the picture.

- Add a third ball.
- Put two balls in one hand and throw from this hand first.
- The balls will be moving in a sideways figure eight pattern.
- The picture shows you what it should look like.
- It will take a lot of practice.



### Badminton- Keepy Uppy

#### Equipment

Badminton racket, shuttlecocks and small balls.  
(No badminton equipment- use any bat and ball, rolled up socks.)

#### Task

- Practice hitting the shuttle cock into the air.
- **Easy:** use a sponge ball and small bounces.
- **Moderate:** use a shuttle with higher bounces.
- **Hard:** try and hit the shuttle into buckets.

#### Challenge

- Use one side of the racket then the other.
- Try sitting down and move to standing.
- Turn around in between each hit.
- Use your right hand then your left hand.



## Skipping

### Task

- Hold one end of the rope in each hand. Circle the rope over your head then down to your feet. When the rope comes close to your feet jump over it with two feet.
- How many skips can you do?
- Can you skip for 30 secs?
- Can you skip while changing feet from one to the other?
- Can you circle the rope backwards while skipping?

### Challenge

- Can you beat your score?
- Skip for 35, 40 or 45 secs.
- Hop on one foot while skipping.
- Move around the room, garden, street or park while you are skipping.

## Get Active, Feel Healthy!

### Equipment

- You will need skipping ropes or a length of rope.
- You will need a space indoors or outside with plenty of room around you for the rope not to hit anything.



### Gymnastics- Balance

#### Task

- Hold each balance for 30 seconds.
- Practice the ones you find hard more often to improve.



Arabesque



T - Balance

twinkl.com



3-point balance



Bridge



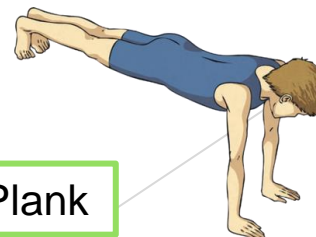
4-point balance



1-point balance



2-point balance



Plank

#### Challenge

- Hold each balance for 60 seconds.
- Can you think of any balances of your own?

Stretch,  
Relax!



## Synchronized Swimming

Create your own routine without the water.



Synchronized swimmers perform creative routines that incorporate dance and acrobatics. To do this successfully they must be able to make a variety of shapes with their bodies both above water and underwater.

### Task

Look at the following pictures:



- Select 6 shapes from the above and practice linking each of them.
- Choose 2 new shapes of your own and add them to the 6, (8 shapes in total).
- Practice the sequence of shapes standing with either feet apart or a wide stance, and then try on your knees, (high knees or low).

### Challenge

1. Practice performing the sequence.
2. Choose some music and practice the sequence in time with it.
3. Practice it with a partner (facing them, or standing beside them).
4. Try adding walks, turns or leaps.

## Jump the River

### Equipment

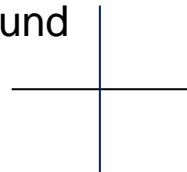
- Do this activity indoors or outdoors.
- Find 2 straight lines on the ground or make them (use 2 sticks or a stick and a line, be creative)

### Task

- Jump over both lines (the river)
- How many jumps can you do in 1 minute.
- Write down your personal best score.
- See if you can beat it each day!

### Challenge

- Add an extra line to make a plus sign.
- How many times can you jump around the corners in 1 minute?



Get Active,  
Have Fun!

### Partner Fun!

- Play with a sibling
- See which of you can get the most 'jumps' in 30 secs or 1 minute.

### Netball- Zig Zag Run

#### Task

Practice your footwork skills.

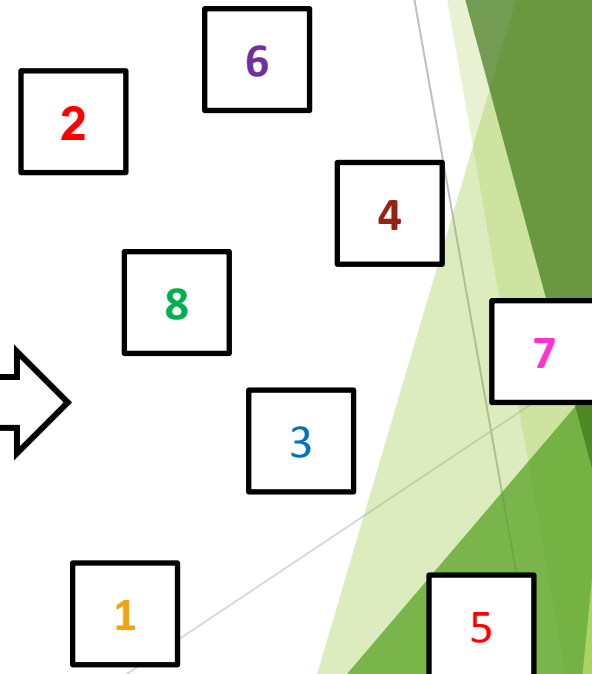
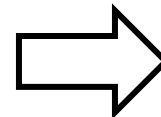
- Inside- set up numbered bits of paper.
- Outside- set up chalk numbers on the ground
- Facing forward, run to each number in order.
- Pretend the numbers are opposing players.

#### Challenge

- Run back to a starting position after every number.
- Change from running to side stepping and touch each number as you go.
- Can you think of other ways of travelling?
- Time yourself doing the challenge.

#### Equipment

- Netball.(or any ball, cuddly toy)
- Paper, pens, or chalk.



## Tennis- Bounce

### Equipment

- Tennis racket and tennis ball.
- If you don't have tennis equipment use any bat and ball.
- If no ball - use a balloon or a pair of socks and bounce it up into the air.

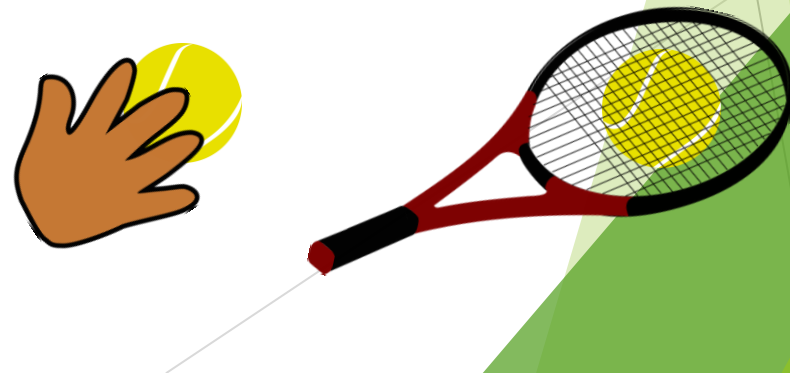
### Task

Bounce the ball.

- Using the palm of your hand how many times can you bounce the ball off the ground? Swap hands.
- Use the racket to practice the same skill.
- How many times can you bounce the ball in a row?

### Challenge

- Try moving around as you bounce the ball.
- Challenge someone in your house!
- How many times can you bounce the ball in 1 minute?



## Knobbly Knees Race

### Equipment

- Tennis balls or rolled up socks.
- Two buckets or baskets.
- String for the start line or 2 water bottles/tins of food.
- Work 1v1 or in teams.

### Task

- Grip the ball or sock between your knees.
- Hop/waddle as fast as you can.
- Drop the ball/socks into bucket.
- If you drop or miss the bucket, take it back to start. (or end of line)
- First team to get all the balls in the bucket wins.

## Get Active, Feel Healthy!

**START**



bucket

bucket

### Challenge

- Add more balls/socks.
- On your own? Time how fast you can complete the activity.
- Use a smaller target like a cup instead of bucket.