

KPA and GS Home Learning PE Activity ideas



Piggy in the middle

Equipment: 1 ball, bean bag or balled up socks.

How to play: depending on the number of players, spread out and throw the ball between players. One person in the middle tries to intercept the ball.

Challenge: try a bounce pass.



Pirates!

Equipment: a selection of 'treasure', 3/4 hoops or buckets

How to play: lay out your hoops or buckets in the corners of the space. Spread out the 'treasure' around the space. The players are pirates who steal the treasure to their hoop. When the treasure has gone from the middle of the space they can steal it from other players but they can only carry one piece of treasure at a time! Who has the most treasure after a set amount of time?

Garden obstacle course

Equipment: anything you can find eg bat and balls, hoops, cones, be creative and see what you can use around the garden.

How to play: Work together to build an obstacle course in the garden.

Challenge: When you have practised it, take turns to time each other. Can you beat your own time? How could you record your scores?



Bucket Ball

Equipment: 1 ball or balled up socks, 4 cones/markers, 1 bucket/tub/box.

How to play: Set up a rounders-style pitch with 4 corners and place a bucket in the middle. The 'batter' throws the ball as far as they can and then runs around the pitch while the fielder tries to get the ball into the bucket before the 'batter' runs all the way round. Can be played with 2 players or more.

Challenge: make the pitch larger or smaller depending on ability. If you have more than 1 fielder you can add new rules such as you cannot run with the ball.

Target practise

Equipment: beanbags/ balls/ balled up socks, hoops/buckets/ target.

How to play: Set up some hoops and buckets as targets. Try to throw the beanbag/ball into the hoop/bucket. The children can allocate points to certain targets, recording and adding up the points won.

Challenge: make it more difficult by using smaller balls/ objects or by using smaller targets at a further distance.



Under and over

Equipment: 1 ball/ object to pass.

How to play: line up your team, one behind the other. The person at the front passes the ball over their head to the next person who passes it between their legs and so on. When the ball reaches the back of the line the last person runs to the front to start again. This repeats until the starting person is back at the front.

Challenge: Time yourselves. Can you get quicker each time? Can you beat your team score?

Cups and saucers

Equipment: cones

How to play: Spread out the cones in the play space: half the correct way up so they look like saucers and the other half upside down so they look like cups. Allocate your 2 teams- one team to turn the cones to look like saucers and the other team to turn them so they look like cups. Set a timer for a few minutes and let the two teams compete. (Remind them to look where they are going so they don't bump heads). When the timer is finished count up to see which team has the most.

Tip: You can make your own circles using card with a different colour on each side. Eg a blue team and a red team to turn the card over to their colour.



Traffic light

Equipment: nothing!

How to play: Discuss/decide the rules and what the key words mean. Decide on the play space. The 'traffic warden' shouts out key words and the players have to follow the instructions.

Red: stand still

Amber: jog on the spot

Green: jog around the space.



Challenge: add additional key words such as:

Traffic jam: everyone playing makes a line.

Roundabout: turn around on the spot.

Speedbumps: do 3 jumps on the spot.

You can even make up your own rules!

Monkey tails

Equipment: tie/ tea towel/ cloth/ ribbon

How to play: you'll need at least 2 players. Tuck a tea towel as a 'tag' in the back of each player's trousers. The players should try to pull out the tag from players on the opposite team. When a tag is pulled out it should be dropped on the floor and the player it belongs to should return it. Then they can continue the game.

Challenge: make the tags smaller or increase the game space. You could add additional rules- eg when your tag is removed you have to do 3 star jumps.



Tennis ball slalom

Equipment: tennis racket and ball, cones/markers.

How to play: create a line of cones or markers spaced equally apart. The player or players take turns to balance the ball on their racket and weave in and out of the cones. You could set up two or more lines of cones and race each other through the cones.

Challenge: use a smaller bat or a smaller ball, space the cones closer together. Increase the speed of movement.

Tip: if you don't have cones use chairs to weave in and out of.

Garden standing long jump

Equipment: none

How to play: find a line or starting point to stand on. Jump starting and landing on both feet, swinging arms to help you jump further. Make sure you land on your feet and don't fall over. Leave a marker to show where you landed and see who can jump the furthest.

Challenge: Can you beat your own score? Can you measure the distance you jumped using standard or non-standard measure? How can you record your scores?



Balance routine

Equipment: none

How to play: practise different balances eg balancing on one foot, 2 feet and 1 hand, 2 hands and 1 foot, on your bottom with legs up etc. Explore different balances. You could even give them names and play a game similar to the traffic light game.

Challenge: put on some music and link 3-4 balances together in a short routine. Perhaps you could add in a roll too eg a pencil roll, forward roll etc.