**Year 5/6**

**CREATE A NEW SPORTS CAPTAINS/LEADERS BADGE**

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* **At your school, there are sports captains or leaders- but how do you know who they are? They might wear a badge, or there pictures might be displayed somewhere, but could your suggestions be even better?!**
* **Pick your favourite badge outline from above- enlarge it onto a piece of A4 paper**
* **Think about the colours of your school**
* **Does it need any words or just pictures?**

*Talk it through with someone in your class or family member to see if there is anything else you haven’t thought of!*

*Have fun, stay active, stay safe ☺*



**Year 5/6**

**PERSONAL CHALLENGE SKILLS**
For a bit of a change, be active in different ways!!!

|  |  |  |
| --- | --- | --- |
| **Skills** | **Date** | **Compl Completed** |
| Bounce a ball with one hand, as many times as possible, whilst on the move – perform with both left and right |   |   |
| Stand 2 metres from a wall, throw a ball against the wall and try to catch before it touches the floor – both hands x 10 / right hand x 10 / left hand x 10 |   |   |
| Stand in a star shape / get a family member to stand in front of you / they must roll a ball through your legs / turn and collect the ball as quickly as possible |   |   |
| Keepie uppie challenge using either a racket and a ball or a football – time how long you can keep the ball in the air without dropping it |   |   |
| Rotate a hoop on your hand / waist / neck / leg / foot – time how long you keep it moving |   |   |
| Juggling challenge – use either 2 or 3 scarves or 2 or 3 balls – time how long you keep it moving |   |   |
| Place 6 small objects around you / stand on one leg and reach to pick them up, without falling or putting your foot on the floor |   |   |
| Using whatever you have at home (tiled floor, chalk, tape, etc) make a hopscotch grid and play   |   |   |
| Using a ball, pass the ball from one hand to another around legs in a figure of eight –  x 10 one way then the other |   |   |
| Your idea: |   |   |
| Your idea: |  |  |

*Talk it through with someone in your class or family member to see if there is anything else you haven’t thought of!*

*Have fun, stay active, stay safe ☺*



**Further ideas**

Here are a list of recommended links of videos which can be followed (all are free of charge);

**Active Essex**

Keep Essex Active YouTube Channel: [https://www.activeessex.org/keep-essex-active-youtube/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.activeessex.org%2Fkeep-essex-active-youtube%2F&data=02%7C01%7C%7C9bb4a6277cab4c98be6f08d7e82c500e%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637233149318961712&sdata=1Ka%2BamZIeqCG%2F2y69LQfjX5C9%2B09K1KSWsfrQwjcBkY%3D&reserved=0)

A Monday to Sunday timetable of ‘classes’ live on their You Tube Channel covering 4 areas- Gentle exercise, High impact, Health and wellbeing and Active families.

Keep Essex Active from Home: [https://www.activeessex.org/keep-essex-active/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.activeessex.org%2Fkeep-essex-active%2F&data=02%7C01%7C%7C9bb4a6277cab4c98be6f08d7e82c500e%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637233149318971662&sdata=3kLFCbDDntK0oRYF1%2FL2JycuPL1li59boxbViSsqbvY%3D&reserved=0)

**Youth Sport Trust #StayHomeStaySafe**

[www.youthsportstrust.org/free-home-learning-resource-primary](http://www.youthsportstrust.org/free-home-learning-resource-primary)

Primary and Early years sections. Early years there are 4 resources. Primary there are 3 resource areas- 1) PE home learning (athletics, dance, games, gymnastics, health related exercise, inclusion, locomotion, outdoor and adventure) 2) 60 second challenges (x20 challenges) 3) Active learning- how to include English and Maths in physical activities

**Sport England- Stay in work out initiative- Get active at home, Get active outdoors tabs for further links**

<https://www.sportengland.org/stayinworkout>

**Change4life Activities for Children**

<https://www.nhs.uk/change4life>

**Chance to Shine cricket**

<https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak?utm_source=Portal+Teachers&utm_campaign=5811d5dc45-EMAIL_CAMPAIGN_2020_04_24_03_37&utm_medium=email&utm_term=0_b4486fc5f7-5811d5dc45-138455733>

**Cosmic Kids Yoga – Youtube- Yoga and Mindfulness is the focus**

<https://www.youtube.com/results?search_query=cosmic+yoga>+

**Joe Wicks Kids Workouts – Youtube**

HIIT (High Intensity Interval Training) sessions for children  (5min videos can be done in a small space), Kids Workout – The Body Coach TV. Every morning at 9am the body coach will be hosting a live workout session for children on his YouTube Channel

<https://www.youtube.com/results?search_query=joe+wicks+kids+workout>

**Imoves Activities** <https://imoves.com/>

**Go Noodle**[www.gonoodle.com](http://www.gonoodle.com) Free to sign up for families and educators

**BBC SuperMovers** <https://www.bbc.co.uk/teach/supermovers/super-movers-day/zbmnnrd>

**Cosmic Kids Yoga – Youtube** https://www.youtube.com/results?search\_query=cosmic+yoga+

**Healthy Futures – http://eepurl.com/gVYzoD**

You will receive a weekly food and activity log plus daily exercise videos to keep your children active! You just need to sign up as a parent

**Sporting Challenges:** NEW Everyday we will be uploading a daily sporting challenge that can be completed at home, we encourage everyone to get involved on the hashtag #HFhome

 **@GetSet4PE**  will be tweeting an active task each day that schools are closed

**Imovement** : To sign up, all you need to do is use the link join.theimovement.com  its free to join just click on the link or follow on twitter @imovesactive The imovement is separate to their paid for imoves and will be 100% free.