



#PSSPhomesportsday



@PlymouthSSP



*We hope that you are all staying safe and active at home! This document has some different ideas to keep KS1 children active at home. Your regular sports day activities have been adapted so that you can do them at home, set yourself some challenges but most importantly have fun!*

*We would love to know how you get on with these activities, so why don't you let us know by tagging our social media pages @plymouthssp or #PSSPhomesportsday*

*Good luck!*

*Hayley Jarvis - SGO*



# Obstacle course

*Get creative using items around the house to make your own obstacle course. Why don't you try:*

- *Jumping over Cushions*
- *Crawling under table or chairs*
- *Slalom through bottles or toilet rolls*
- *Hopscotch/ hop/ balance a section*
- *Balance a soft book on your head and walk from one line to another*
- *You could also carry a plastic or paper cup through your obstacle course as a 'baton'*
- *There are many things you can safely use around the house or in the garden for your own obstacle course, give it a go!*





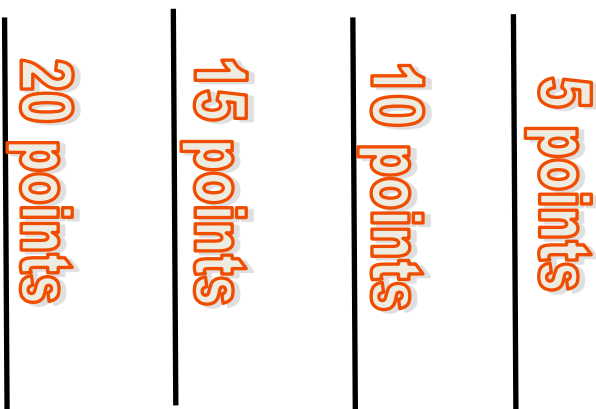
# Target throw

*For this activity you can use anything around the house that isn't breakable when it falls over. You can use:*

- *Empty tin cans*
- *Empty plastic bottles*
- *The middle of a toilet roll*
- *Plastic or paper cups*

*Make a tower or place your objects at one end of the room or garden, then roll up some socks into a ball and set the distance you want to throw from. You can set different distances if you like and give yourself different points for each, the further away the more points you get.*

*See how many items you can knock over and how many points you can get.*





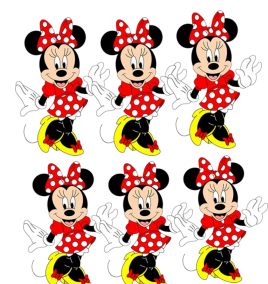
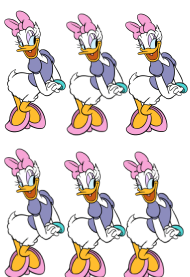
# Disney switch

*Minnie Mouse and Daisy Duck have taken a wrong turn on their separate daily exercises help them to return home as quick as you can. Remember you must match all the Minnie's with Mickey and all the Daisy's with Donald.*

- Spread all the Minnie Mouse and Daisy Duck cards at either end of your space, you can do this inside or outside.*
- Place the Mickey and Donald cut outs on the side too.*
- You must run from one end to the other as fast as you can, collecting one character at a time and returning them to their correct home.*

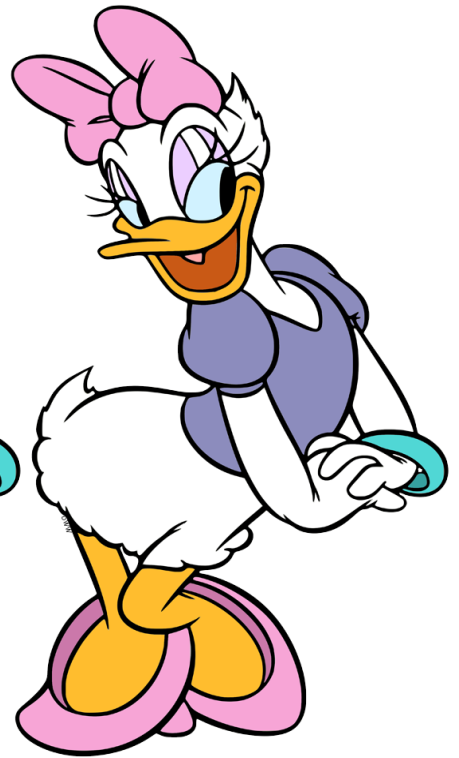
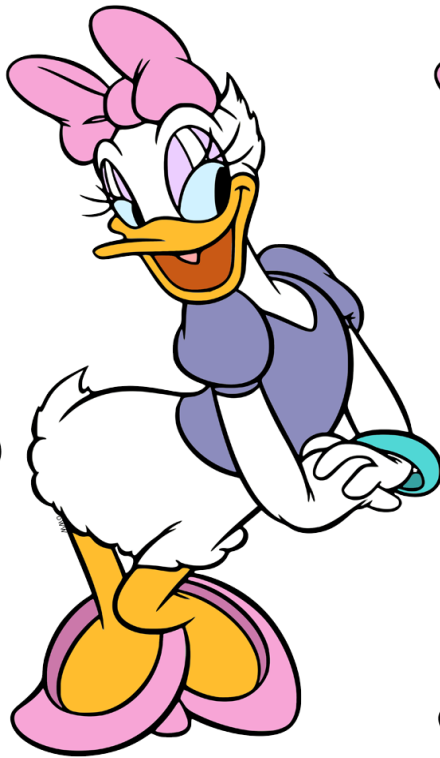
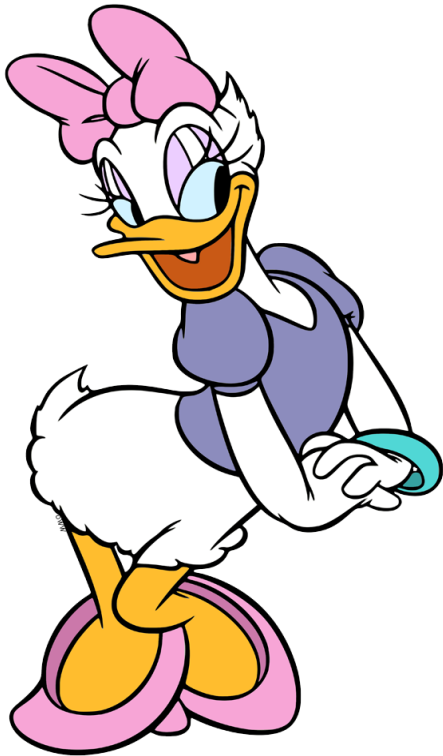
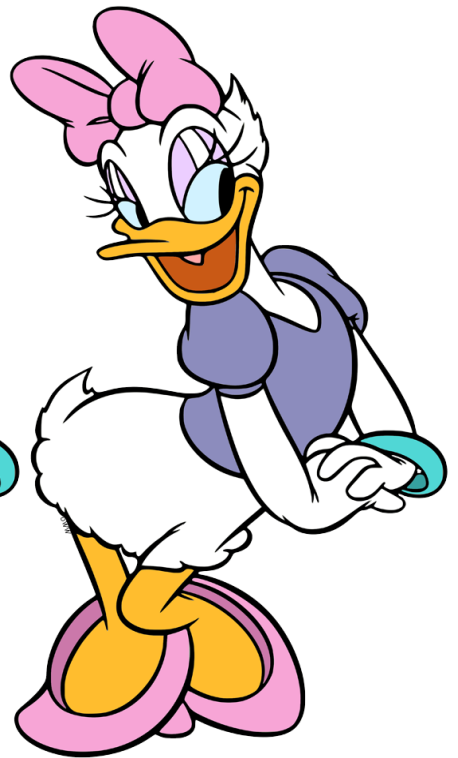
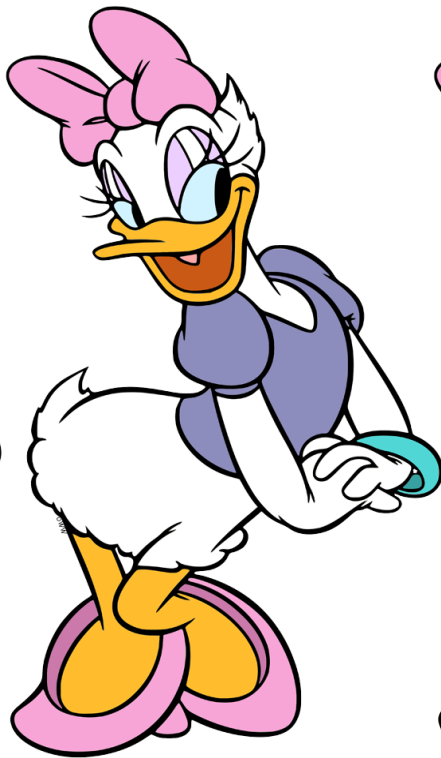
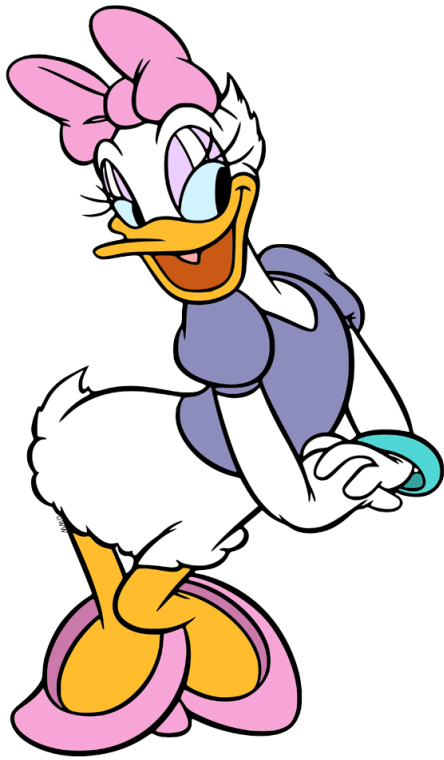
*How fast can you complete it? See if you can improve your time!*

*You can print and cut your own characters on the next page. If you don't have a printer don't worry, why don't you use different coloured socks or draw your own?*













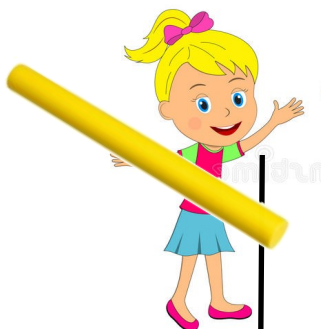




## Pool Noodle Javelin or Sock ball shot

- Pool noodles are great to use as a 'home javelin' or if you don't have one of these you can connect the middle of a toilet roll together with some tape.
- To make a 'sock ball' roll up a sock and cover it with as many other socks as you like so it looks like a small ball.
- Now set your marker to stand at and throw as far as you can! Ask a member of your household to measure the distance from your starting marker to the place your object landed with a tape measure or ruler.
- Make sure you have zero at the end you have thrown from.

*Have a few attempts and see who can get the highest in your family!*





# Pillow case race

MAKE SURE YOU GET YOUR PARENT/ GUARDIANS PERMISSION FOR THIS ACTIVITY

- Set out your start and finish line in your space
- Get a family member to race you or someone to time how long it takes you
- Get an old pillow case and step inside it, making sure to hold to top
- Jump as fast as you can in your pillowcase from the start to finish
- **\*\*Be careful when jumping that you don't fall over\*\***

*How quickly can you jump from one end to the other? Try and beat your score!*





# Towel speed bounce

- Roll up a towel and place on the floor.
- Ask a member of the family to time for 15 seconds
- Stand next to the towel sideways
- See how many times you can jump two footed over the towel.
- Try and beat your score!

