

Active at Home

We all know the benefits of being physically active and having a healthy diet. We have included a task that focuses on the benefits.

We know the longer lockdown goes on the harder it can be to find the motivation to be active and finding new activities to keep the children occupied can be a challenge.

Short bursts of activity throughout the school day can help to increase focus. Most of the activities we suggest only take around 5-30 minutes to complete, so it can fit easily into the day.

We have also added a competition to our personal challenges. The team are taking on the challenges and posting videos of our attempts, can you beat us, we want to see your attempts.

If you have any of your own that you would highly recommend, please let us know and we can add them to share with everyone else.

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Stay Connected with #ActiveAtHome

Check out our social media channels and tag us in any of your activities

Facebook - ActiveNland.PE

<https://www.facebook.com/ActiveNland.PE/>

Twitter - @ActiveNland_PE

https://twitter.com/ActiveNland_PE

Instagram - activenland.pe

<https://www.instagram.com/activenland.pe/>

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Northumberland School Games - Physical Activity Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Option 1 – Physically Active Activity	Move IT Mondays Do a fitness class in the house/ garden. Joe Wicks – Body Coach Make your own circuit with 8 stations.	Transport Tuesdays Be active for 30 minutes using transport. Scooter Bike Skateboard Pogostick Are there any tricks you could learn to do?	Weekly Challenge Wednesdays Complete a personal challenge to try and improve. Active Northumberland PE and School Sport Personal Challenge Youth Sport Trust Challenge	Throw It Thursdays Practice your throwing and catching skills in the garden/ house. How many objects can you throw into a target area? How many times can you bounce/throw a ball and catch it ?	Fundamental Skill Fridays Practice your ABC's Agility, Balance, Co-ordination. Running, Jumping, Skipping, Throwing, Catching. Activity Cards/ Challenges	Shake It Out Saturdays Do a dance routine at home. “just dance’ imoves go noodle BBC supermovers. or Create your own dance in the house.	Skill Up Sundays Choose your favourite sport and practice the skills you need to become a professional. Most sports have videos online for you to watch.
Option 2- School Games Values Activity	Determination Try to complete a tricky puzzle. Or solve some tricky riddles.	Honesty Create a True or False quiz for your family and friends.	Passion Design a new kit/ badge/ logo for your favourite team.	Respect Create a song/ rap or chant about Respect.	Self Belief Build a Boat. Using things from the recycling bin. Can you make it float in water?	Team Work Create a new game for you and your friends to play. E.g Space Tag	Share your results with us on Twitter and Facebook



**NATIONAL
WALKING
MONTH**



<https://www.youtube.com/watch?v=jSP-fWmk36A>

#ThisisPE - check out this weeks latest PE lesson from Yorkshire Sport Foundation. Linked with the Outdoor Adventurous Activities section of the National Curriculum this lesson is about horizontal climbing.

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month-2020>

National Walking Month - Try 20 is an initiative from Living Streets to get everyone walking for 20 minutes every day in May. They offer resources with tips and a checklist for your walks including let the kids lead the way and look for rainbows.

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

Get Set 4 PE - Check out these PE themed activities to try as a family over the bank holiday weekend. I'm sure that many of you will have played similar versions of these games in your PE lessons.

<https://www.youtube.com/watch?v=byvm8954Tlo>

Lindy Bop - A little video tutorial to go with our VE Day lindy bop dance resource. From the RBLI.

VE Day Activities

Four Square

- One player starts in each box
- Serve always starts from no 4. Server bounces the ball and hits it to another square
- The receiver then hits it to another square before the ball bounces twice
- If the ball goes out or is not hit before the second bounce they are out
- If you're playing with 4 players the player that is out moves to square 1 and all others move up. If you're playing with more the player joins the back of the line and a new player enters in square 1



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Two Ball

Lots of variations of this game some include chants

Alternate throwing 2 balls against a wall

Use 1 ball if its difficult

Chant (based on 'One, two, three, O'Leary)

One, two, three and Plainsy

Four, five, six and Plainsy

Seven, eight, nine and Plainsy

Ten and Plainsy, catch the ball

Repeat changing Plainsy to Upsy (Throw up in air), Over & Dropsy (bounce)

Come up with your own chants and rhymes

VE Day Activities

Skipping

Using a long rope often with big groups in the playground children would come up with their own skipping rhymes. Have a go at some of these examples

Charlie Chaplin went to France,
To teach the ladies the hula dance.
First on the heels,
Then on the toes,
Around and around and around you go.
Salute to the Captain,
Bow to the Queen,
Touch the bottom of the submarine.

ABC and Vegetable Soup - swing the rope forwards
and backwards not overhead
A, B, C and Vegetable soup
What will I find in my alphabet soup?
A, B, C.... (Make something up that starts with the
letter you missed on)



Marbles

If you don't have marbles you could use stones, coins or make some with paper

- Draw out a playing area and place a set number of marbles in the area
- Take it in turns using your shooter to try and knock the marbles out of the area
- Any marbles you knock out you get to keep
- Keep playing until all the marbles are gone

VE Day Activities



1940s MUSIC AND DANCE

SING-ALONG



WHITE CLIFFS OF DOVER

There'll be bluebirds over,
The white cliffs of Dover,
Tomorrow, just you wait and see.

There'll be love and laughter,
And peace ever after,
Tomorrow when the world is free.

The shepherd will tend his sheep,
The valley will bloom again.
And Jimmy will go to sleep,
In his own little room again.

There'll be blue birds over,
The white cliffs of Dover,
Tomorrow, just you wait and see

HOW TO DANCE THE LINDY HOP

SWING



The 'Lindy Hop' is a swing dance that originated in New York in the late 1920s and early 1930s. It gained popularity in the UK in the 1940s thanks to the American servicemen stationed here during the Second World War.

THE SWING OUT

The Swing Out is a cornerstone Lindy Hop move. It's danced in 8-counts and is a basic building block for other dance steps.



STEP 1

Rock step - take a step back with your full weight, then transfer the weight to your front foot while keeping it in place.

STEP 2

Triple step - take a step to your side. Bring your feet together. Take another step to your side.

STEP 3

Walk

STEP 4

Walk

STEP 5

Triple step



LEMONADE

3 lemons

2 oz / 55g granulated sugar

2 pints / 1.2 litres water

METHOD

1. Peel the rind from the lemons and cut them into 1cm slices.
2. Place the lemon rinds in a bowl and sprinkle the sugar over them. Let this stand for about an hour.
3. Boil the water and then pour over the sugared lemon rinds. Allow this mixture to cool and then strain.
4. Squeeze the lemons into another bowl. Pour the juice through a sieve into the sugar mixture. Stir well, pour into a jug and pop it in the fridge. Serve with ice.

Refresh with ...

Run 2K in May

Throughout the month of May the PE & School Sport team at Active Northumberland are challenging you to complete a 2K run. We've created a training plan for you to follow to help build up your endurance ending with the Active Northumberland PE Virtual 2K on Friday 29th May.

This is open to all and great to get the whole family involved with. The plan is designed to be progressive, take it steady and get used to this new challenge. If you miss a day don't worry, try and fit the run in on another day. If you're already a keen runner you can also get involved by running with your family or trying to improve your personal best time.

We would love to see you getting involved so send us a selfie of you taking part, tag us @ActiveNland_PE on twitter or @ActiveNland.PE on Facebook and Instagram. Don't worry if you don't have a device to track your run, it's all about running for different times.

More details on how to submit your entry to the Active Northumberland PE Virtual 2k on 29th May will follow

Run 2K in May

Start each run with 2-3 min brisk walk to warm up and end with 2 min slow walk to cool down			7th 60 secs run, 90 secs walk x 4	8th	9th 90 secs run, 60 secs walk x 4	10th
11th 90 secs run, 60 secs walk x 4	12th	13th 90 sec run, 90 sec walk, 2 ½ min run. 2 ½ min walk, 90 sec run, 90 sec walk	14th	15th 90 sec run, 90 sec walk, 2 ½ min run. 2 ½ min walk, 90 sec run, 90 sec walk	16th	17th
18th	19th 2 min run, 1 min walk, 4 min run, 2 min walk, 2 min run, 4 min walk	20th	21st 2 min run, 1 min walk, 4 min run, 2 min walk, 2 min run, 4 min walk	22nd	23rd	24th 5 min run, 1 min walk x 2
25th 	26th 7 min run, 2 min walk, 4 min run	27th	28th	29th Active Northumberland Virtual 2K (run 12-15 mins)	Well Done on completing your 2K in May! Can you keep up running as a new hobby?	

Real PE

EYFS/ KS1 Activity

There is still time to get
your FREE access to Real
PE ... email
jasmine@createddevelopment.co.uk

Find the Mice



You could use rolled up paper or similar to represent the mice. You might take turns to be the cat with your partner guiding you to find the hidden mice, using directions such forwards, backwards, stop, turn, over and under.

Seated Volleyball



Real PE KS2 Activity- Family Activity



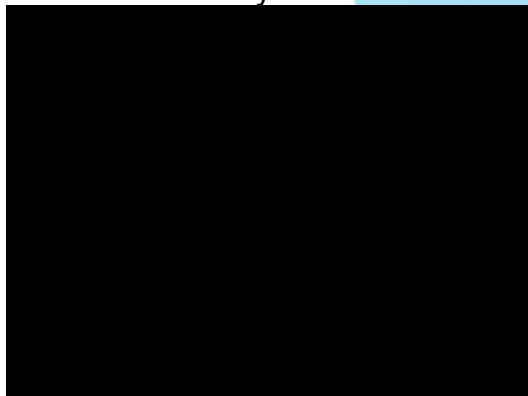
Suggested Rules

- Play singles, doubles or small teams (up to 5 v 5) with the size of the playing area and type of ball appropriate to the ability level and numbers involved.
- The object is to win points by sending the ball over the net in order to ground it on the opponent's side of the court and to prevent the same effort by the opposing team.
- The points system is flexible.
- Players stay in their own half of the court with the ball served from the back of the court on each point.
- The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it.
- The team has a maximum of three hits to return the ball over the net.
- The team winning a rally scores a point. When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

Your Challenges

This week we have received videos from children who have been having a go at creating their own challenges. Have a go at the challenges below. We would love to see what you can come up with, send us your challenge, fitness or PE lesson videos to salderslade@activenorthumberland.org.uk or tag us on social media and we will share them with others.

Lucas - Whitley Memorial



Catherine - Haydon Bridge

