

# #ActiveAtHome

Complete the name walk challenge

Try a School Games #stayin workout activity card

Play a REAL PE game

Go on a wildlife walk - how many creatures can you find?

Keep an activity diary for each day

Create your own PE lesson

Can you answer a sports riddle?

Create your own dance routine & teach it to someone

Take part in the ANPE Virtual 2k on 29th May

Do a random act of kindness for someone

Balance in different star, tuck & straight shapes

Draw a map of a walk or bike ride you've been on

Challenge someone to do a personal challenge

Play Active Snakes & Ladders

Have a try at each of the activities, can you complete them all?  
Tag Active Northumberland PE & School Sport in your efforts  
[@ActiveNland\\_PE](#)

# Links

School Games #StayinWorkout Activity cards

<https://www.yourschoolgames.com/coronavirus-support/ngb-activities/>

Real PE free at home resources

<https://jasmineactive.com/news/home-learning-resources/>

Personal Challenges & Videos

[https://docs.google.com/presentation/d/1Pnqtc2rBTWSLLzIHleJm1PihVJSB4GTn\\_6kn5L2uenU/edit?usp=sharing](https://docs.google.com/presentation/d/1Pnqtc2rBTWSLLzIHleJm1PihVJSB4GTn_6kn5L2uenU/edit?usp=sharing)

<https://drive.google.com/drive/folders/1rX8TZN0vRbrLqibxHTceUajgYIJfcTKX?usp=sharing>

# Name Walk Challenge

Can you find something that begins with every letter of your name whilst out on a walk?

Write down the things you find

You might take a picture or draw a picture when you return home

## Challenge

A -

C -

T -

I -

V -

E -

N -

O -

R -

T -

H -

U -

M -

B -

E -

R -

L -

A -

N -

D -

# Save the Date - Friday 29th May

## Active Northumberland PE

### Virtual 2K



Run, walk, bike  
or scoot 2KM

Take a picture of your activity, time & selfie. If you can't record the distance complete your activity for 15 minutes

Email it along with your name, year group & school to [salderslade@activenorthumberland.org.uk](mailto:salderslade@activenorthumberland.org.uk)

All participants will be added to a school leaderboard and receive a certificate

Facebook  
[@ActiveNorthumberland.PE](https://www.facebook.com/ActiveNorthumberland.PE)  
Twitter & Instagram  
[@ActiveNorthumberland\\_PE](https://www.instagram.com/ActiveNorthumberland_PE)

On Friday 29th May the Active Northumberland PE Virtual 2k will take place

All you need to do is run, walk, bike or scoot 2km or for 15 minutes

Take a photo of your activity, time and a selfie

Email it with your name, year group & school to

[salderslade@activenorthumberland.org.uk](mailto:salderslade@activenorthumberland.org.uk)

You will be added to a school leaderboard and receive a certificate

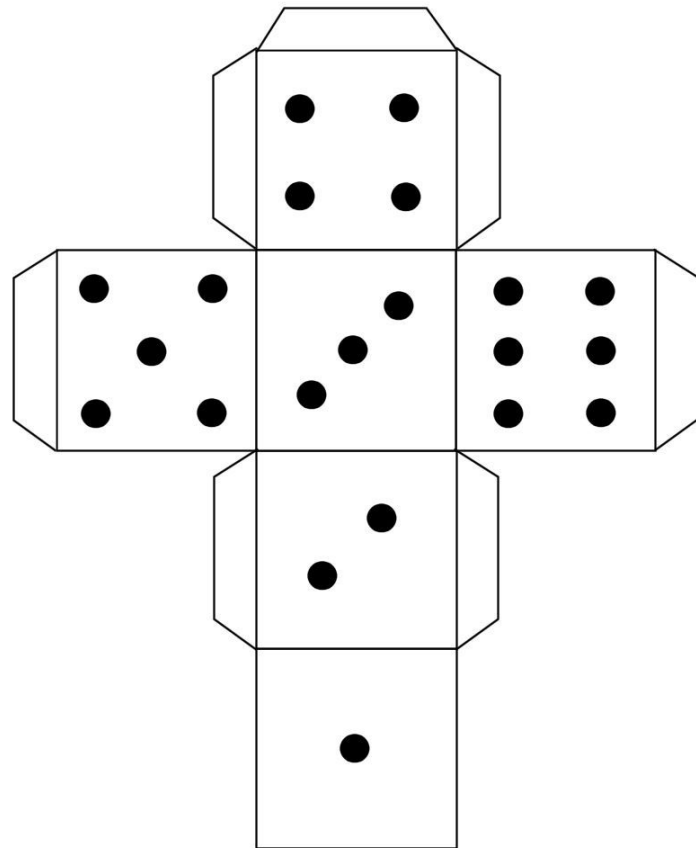
# Snake & Ladders

Play active snakes & ladders with the whole family


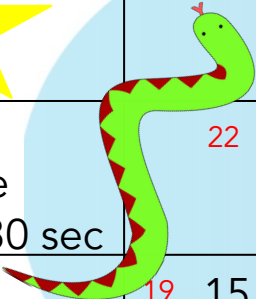
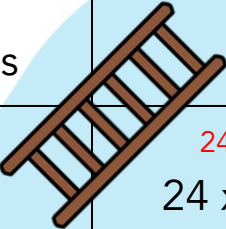

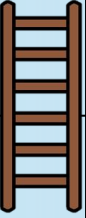
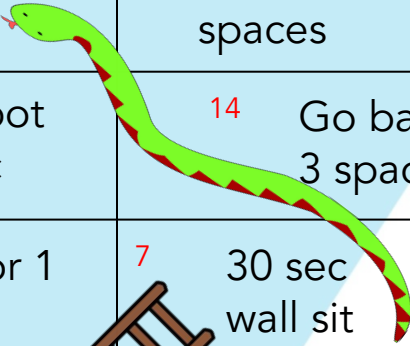
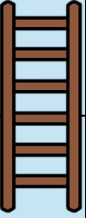


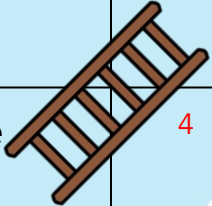

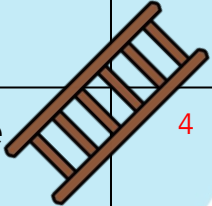
Complete the activity of the space you land on

If you go up a ladder, down a snake, move forward or back spaces make sure you complete the activity on the space you finish on

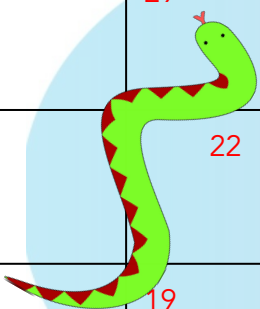
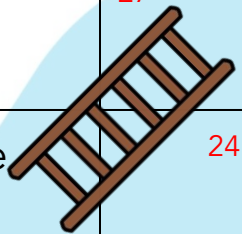
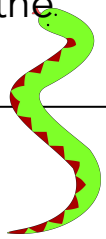
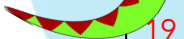
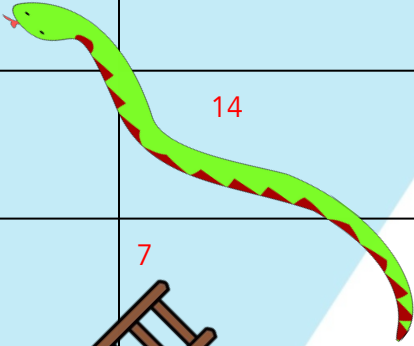
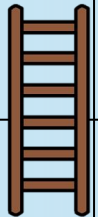
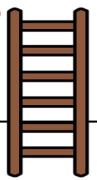

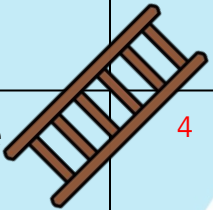
Use the blank board to create your own version



# Snakes & Ladders

30 	29 	28 Your age x star jumps	27 	26 Go back 2 spaces
21 Own choice exercise x 30 sec	22 50 x high knees	23 Go up the ladder	24 24 x squats	25 Go down the snake 
20 45 sec plank	19 15 x in out jumps 	18 Go down the snake 	17 Go forward 2 spaces	16 Sprint on spot for 30 sec
11 10 x lie down, stand up	12 Go up the ladder 	13 Jog on spot for 30 sec	14 Go back 3 spaces	15  15 x tuck jumps
10 Go down the snake 	9 30 sec plank	8 Dance for 1 minute	7  30 sec wall sit	6  Go up the ladder
1 10 x star jumps	2 20 x high knees	3 Go up the ladder 	4 Go forward 1 space	5 10 x frog jumps

# Snakes & Ladders

30	29  Go down the snake	28	27  24	26
21	22	23 Go up the ladder	24	25 Go down the snake 
20	19 	18 Go down the snake 	17	16
11	12 Go up the ladder 	13	14	15 
10 Go down the snake 	9	8	7  4	6 Go up the ladder
1	2	3 Go up the ladder	4	5



# Real PE Activity- KS1 Activity

## Fairytale Adventure

Talk about well known fairy tales and what we might see and do on our adventure.



See next two slides for the adventure!!



# Real PE Activity- KS1 Activity

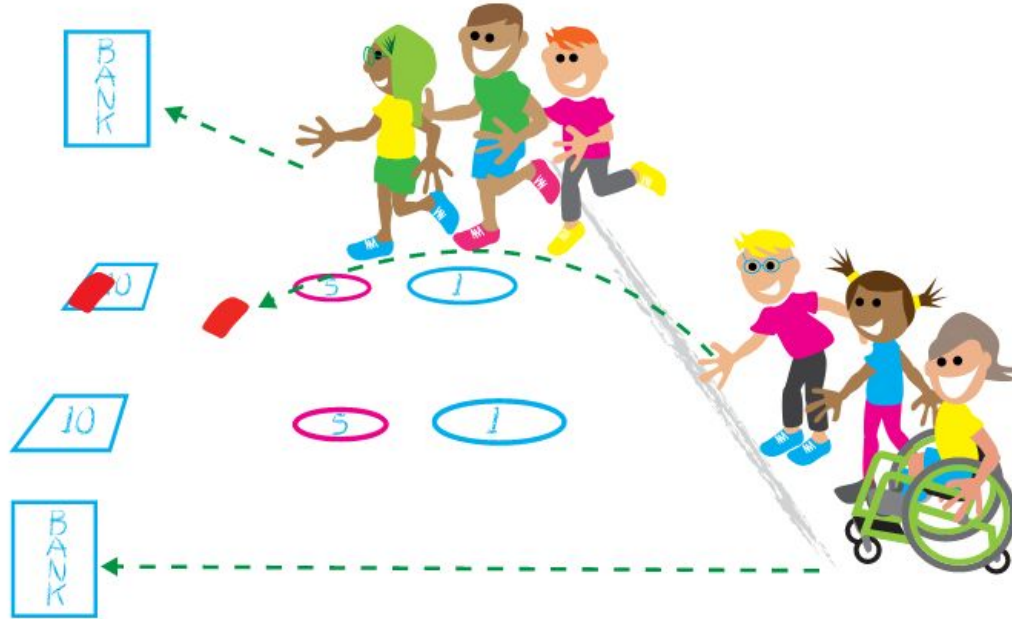


# Real PE Activity- KS1 Activity



# Real PE Activity- KS2 Activity

## To Bank or not to Bank



See next two slides for the game instructions!!

# Real PE Activity- KS2 Activity

**1**

## **Get organised**

Line up in groups of 3 or 4 behind a starter cone.

You can also do this task by yourself or with a family member.

**2**

## **First line and back**

The first player must run to the first line, touch it and run back and hi five the next player.

**3**

## **Second/third line and back**

Now repeat, running to the 2nd line and then the 3rd line.

**4**

## **Vary your movements**

As you become the leader vary your movements and encourage your team to follow.

**5**

## **Practise throwing**

Lay down hoops on each of the 3 lines and start throwing the bean-bag into each hoop in turn and running to collect it.

**6**

## **New floor patterns**

Keep changing and exploring different floor patterns.

Can your team copy your floor patterns while they wait at the start?



# Real PE Activity- KS2 Activity

**7**

## Learn the rules

Let's learn how to play "To Bank or Not to Bank".

You only score if you get your beanbag completely inside the hoop: hoop 1 = 1 point, hoop 2 = 5 points, hoop 3 = 10 points.

**10**

## Play the game

Remember, if anyone misses and you haven't banked you lose your points.

Discuss your tactics and have one last practice before playing.

**8**

## Set the challenge

Try throwing into all the hoops and discuss your success ratio with your team-mates.

Decide if you need to adjust the challenge, for example, by moving hoops nearer/further, or changing a hoop for a spot.

**11**

## One last practice

Let's play To Bank or Not to Bank and the first team to 30 points wins.

**9**

## Practise 'banking'

To practise 'banking' your points, the whole team have to run past hoop 3 and do 5, high quality star jumps AND announce/write on a whiteboard the score you are banking.

**12**

## Review performance

How did your team-mates help motivate you?

Did anyone suggest any specific tactics?

What will you do differently next time?

# Athletics Word search

H	D	J	A	V	E	L	I	N	L	X	P	V	T	A	J	H
J	Q	K	Y	L	R	X	A	W	Q	D	H	Y	W	J	J	H
O	S	O	L	Z	T	R	O	H	J	E	H	B	J	K	L	S
A	W	P	E	J	U	R	P	Y	R	C	N	J	E	I	P	T
U	O	X	E	N	T	R	X	W	A	A	T	U	N	X	P	E
I	C	K	W	N	M	M	H	B	D	T	B	M	L	K	F	E
Y	P	A	T	X	T	T	U	P	F	H	N	P	P	X	O	P
A	Y	U	S	U	U	A	T	K	P	L	H	T	U	E	B	L
F	N	R	Q	H	J	S	T	M	J	O	X	H	V	X	V	E
Q	S	K	E	G	O	F	C	H	T	N	B	E	N	J	S	C
W	F	E	A	C	B	T	Z	Q	L	G	U	G	O	Z	K	H
C	N	O	G	A	P	B	P	D	P	O	O	U	K	N	M	A
C	I	N	I	G	A	Y	U	U	U	B	N	N	J	I	C	S
Q	L	O	N	G	J	U	M	P	T	L	Y	Y	B	P	J	E
D	J	B	E	R	I	S	N	P	O	L	E	V	A	U	L	T
T	S	U	A	P	P	G	P	Z	D	W	D	I	O	I	S	A
J	M	S	W	H	E	P	T	A	T	H	L	O	N	S	F	S

Can you find all the words below in the word search grid?

Pentathlon

Javelin

Shot-put

Heptathlon

Steeplechase

Runway

Pole vault

Jump the gun

Decathlon

Long jump

# Sport Riddles

Can you work out the answers to the sport themed riddles below?

Look at the following list of sports carefully:  
Golf, Darts, Tennis, Cricket, Football,  
Badminton.

Which of the following should come next:  
Archery, Boxing, Squash, Gymnastics or  
Baseball?

What happens three times in  
weightlifting, twice in  
swimming but only once in  
tennis?

Bob's coach has five players:  
Four are named Jojo, Koko,  
Lolo and Momo. What is the  
fifth player's name?

In a football game not a single  
man scored a goal, yet the final  
score was 1-0.  
How can this be?