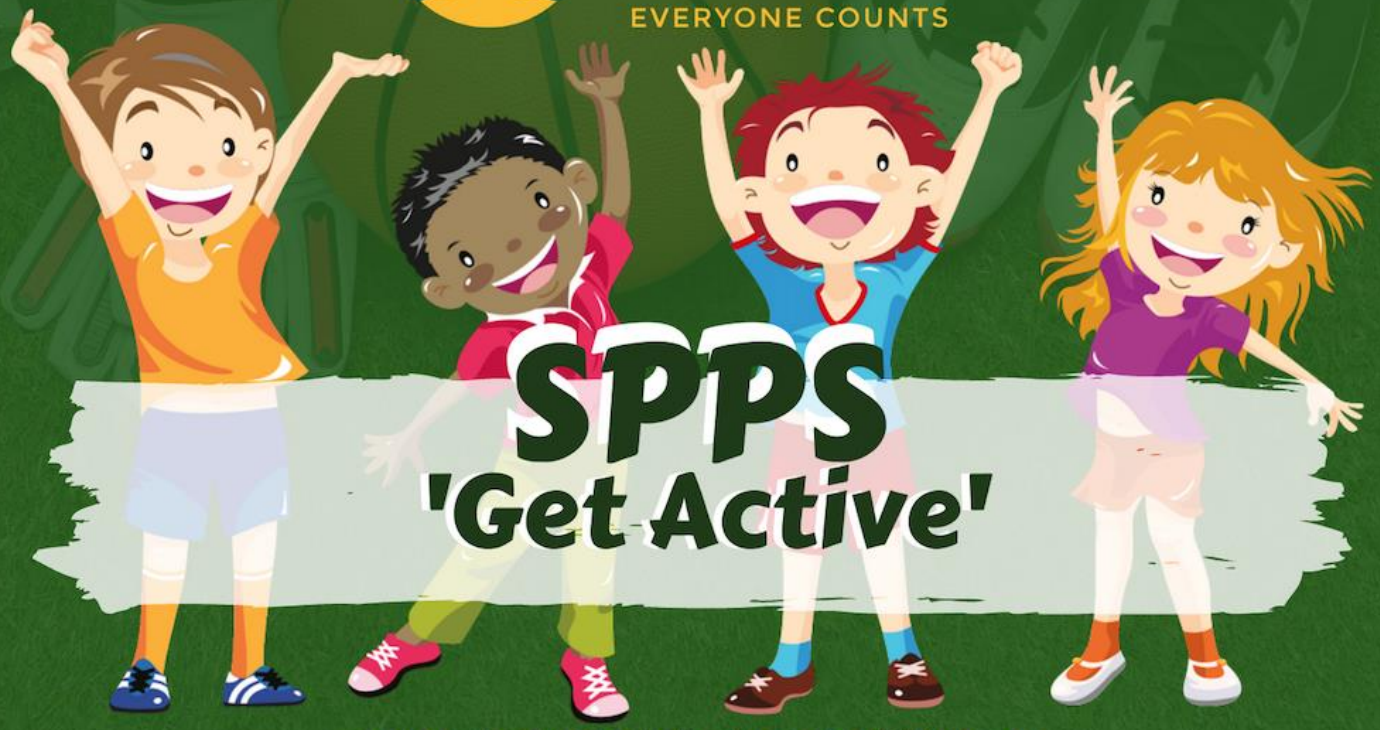
ST. PETER'S PRIMARY SCHOOL

EVERYONE COUNTS



SPPS 'Get Active'

EVERYONE COUNTS

Daily challenges and activities away from screens

MONDAY

How many challenges can you complete today?

How many sit ups can you do in 30 seconds?

Can you put your feet on a chair or sofa and complete 10 press ups?

How long can you run on the spot for?

How long can you balance on one leg for?

How long can you balance your teddy on your head?

Can you climb your stairs 20 times?

How many star jumps can you do in 30 seconds?

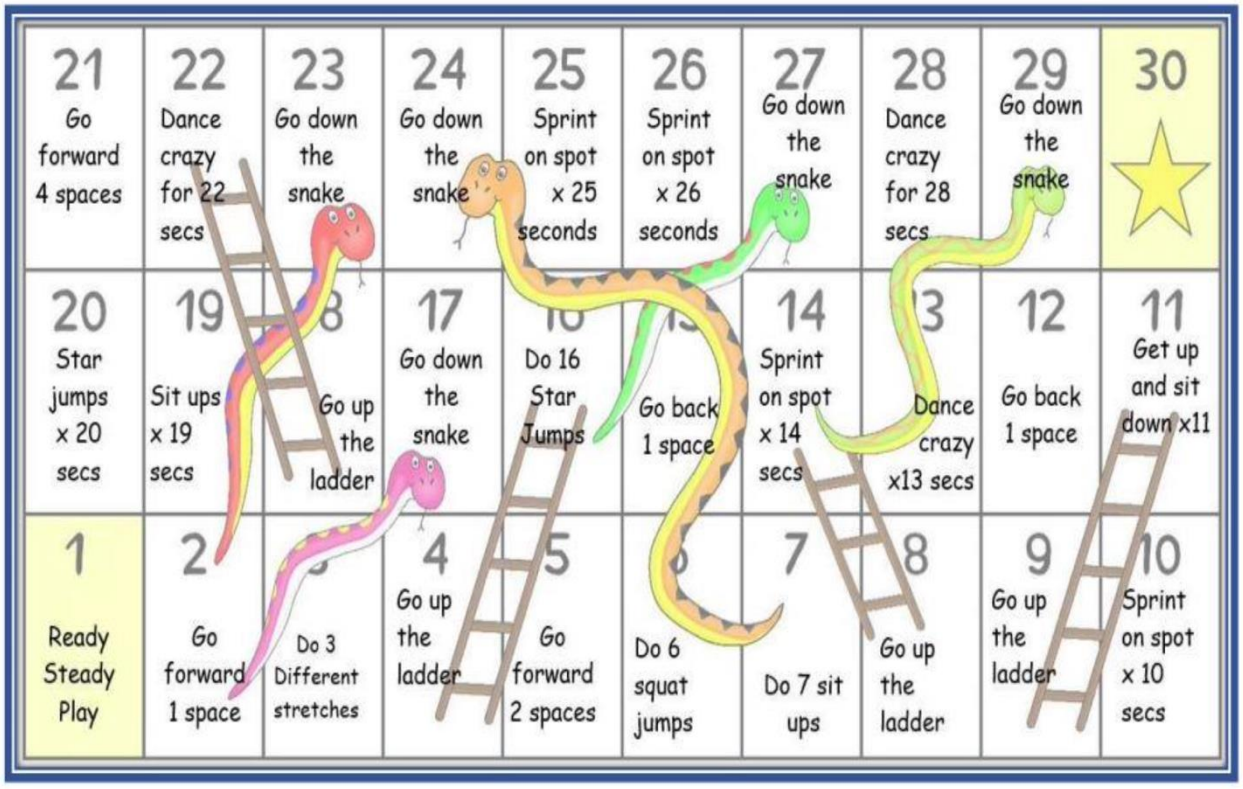
Too hard?
Decrease the amount of time you complete each activity for

Too easy?
1. Increase the amount of time you complete each activity for
2. Create your own 30 second activities

TUESDAY

Suggested activities	Link
BBC ‘Let’s get active’ videos	https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv
10 Minute Shake Up videos	https://www.nhs.uk/10-minute-shake-up/shake-ups
Just Dance	Youtube- Just dance (wide range of videos for all ages)

ACTIVITY SNAKES AND LADDERS



Lamppost orienteering challenge

What do you need?

- This challenge is essentially about going for a walk! But whilst on your walk, you must follow a map and look for lamp posts!
- You will need to use the map that I have provided, as well as the table of answers and a pen or pencil.
- You can use a stopwatch or a phone to see how long it takes you. (estimated 30-45 mins)

Instructions

- You're aiming to visit 10 lampposts.
- The lampposts are represented as **A - J** on the map shown.(You don't have to visit them in order)
- Look at the map and work out where each lamppost is located.
- When you think you are in the correct place, using the table, find the correct letter and write down the number shown on the white sticker of the lamppost.. *(Example below)*

Point	Lamp post number	Clue to located
C	F111	Corner of Lismore Road

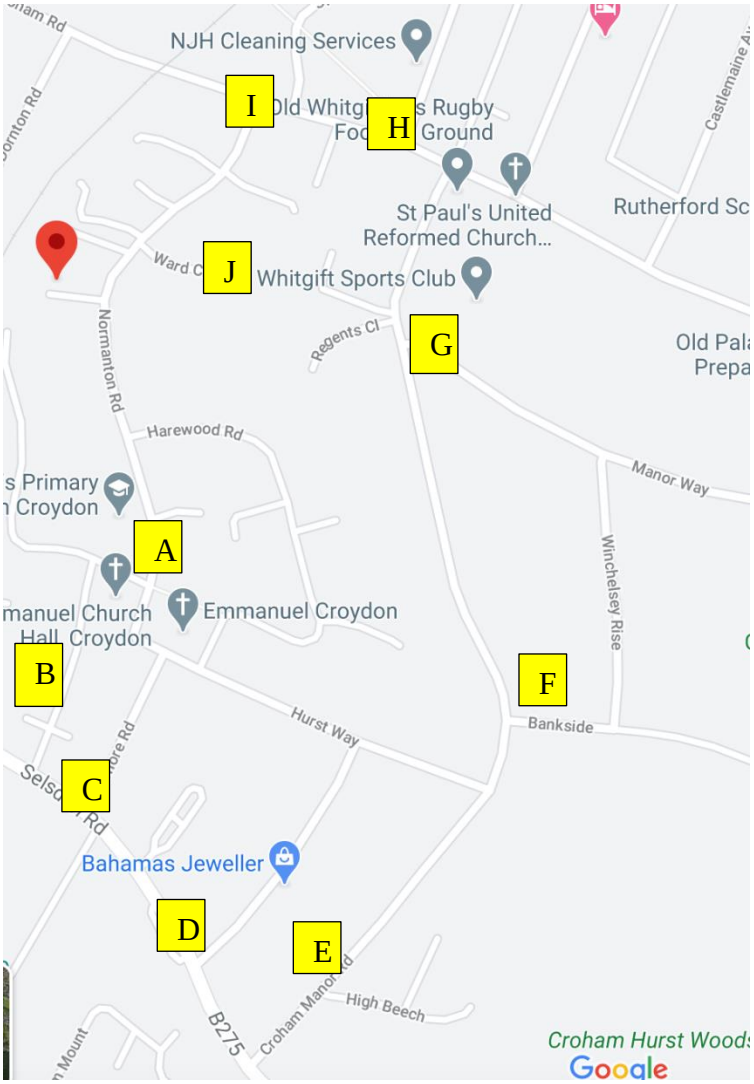
- For each point (A-J) there is a clue to help you. There are lots of lampposts around so these clues will hopefully direct you to the correct one.
- The number on the lamppost may consist of just numbers or numbers & letters.
- When this is done, look at the map again and complete the remaining points.
- When you have finished, send me a copy of your answers as well as the time of how long it took you to find the correct lampposts.

Important

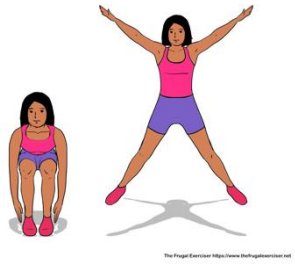
- Remember to look at the map and input your answers into the correct rows.
- Please may careful if required to cross any roads.

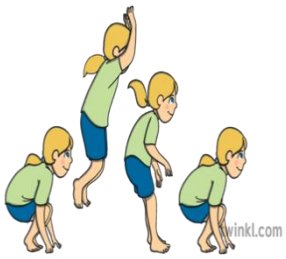
GOOD LUCK!

Point:	***Lamppost Number:*** *(E.g. 009 or S088)*	***Clue (if needed)***
A		*Main school gate*
B		*Half way down Rockhampton Road*
C		*Bottom of Lismore Road*
D		*End of Hurst View Road*
E		*High Beeches*
F		*Near Croham Hurst Woods*
G		*End of Manor Way*
H		*Corner of Campden Road*
I		*Bottom of Normanton Road*
J		*Normanton Meadow*



THURSDAY

Exercise:	Instructions:	How to score points?	Score:
1. **Wall sit** 	<u>What's needed?</u> A wall to lean against. Stopwatch / phone. <u>Instructions:</u> Sit in a 90 degree position. Place hands gently on knees.	Start the timer and see how long you can hold this wall sit position before giving up. It's harder than it looks! Have 2 attempts to see if you can last longer on your second attempt.	*Maybe get someone to help you write your score in.* <u>Attempt 1:</u> - - <u>Attempt 2:</u>
Star jumps 	<u>What's needed?</u> Stopwatch / phone. <u>Instructions:</u> Start off low to the ground. Jump up into the air to make a star shape Make sure you touch the floor after each jump.	Start the timer for one minute and see how many star jumps you can do. Have 2 attempts to see if you can do more on your second attempt. Good luck!	<u>Attempt 1:</u> - - <u>Attempt 2:</u>
Balance	<u>What's needed?</u> A small, soft object that you could balance on your head (sock, small teddy-bear, banana)	Start the timer for one minute and see if you keep it on your head for the whole minute. Don't worry if you drop it, just try again!	<u>Attempt 1:</u> - - -

	Stopwatch / phone. <u>Instructions:</u> Place the object on your head. Walk around your home (carefully) trying to not let the object fall from your head. Remember, don't use your hands!	Write down how many times you drop in the minute. Remember, the lower the score the better! Have 2 attempts to see if you can balance better on your second attempt.	<u>Attempt 2:</u>
Human hoop 	<u>What's needed?</u> A ball or another object that can be thrown (cushion, rolled up sock) Another adult. Stopwatch / phone. <u>Instructions:</u> Get your adult to stand 2 steps away from you. Get them to make a hoop with their arms in front of them. Throw your object and try and get it to go through the hoop (adults arms)	Start the timer for one minute and see how many times you can throw the object in the human hoop. Have 2 attempts to see if you can do more on your second attempt. If it's too easy, moving further away from the hoop!	<u>Attempt 1:</u> - - <u>Attempt 2:</u>
Frog jumps 	<u>What's needed?</u> Stopwatch / phone. Space <u>Instructions:</u> Try and create a space that you can move around in.	Start the timer for one minute and see how many times you can move from one end of the room to the other. Have 2 attempts to see if you can go higher and faster!	<u>Attempt 1:</u> - - <u>Attempt 2:</u> - -

	Start at one end of the room and try and frog jump to the other end. Crouch down low and jump up and as far as you can.		
Bin 	<u>What's needed?</u> A small ball or something similar (rolled up sock, scrunched piece of paper etc) Stopwatch / phone. Target (bucket, bin, basket) <u>Instructions:</u> Take 2 large steps away from the target. Using a one-handed underarm throw, aim to get the object in the target.	Start the timer for one minute. See how many you successfully get to your target in the time. Attempt 1 – stand 2 large steps away. Attempt 2 – stand 3 large steps away. Attempt 3 – stand 4 large steps away.	- - - - - <u>Attempt 1:</u> <u>Attempt 2:</u> <u>Attempt 3:</u>

FRIDAY

Scavenger Hunt Walk

What do you need?

- Parent / older sibling to take on a walk.
- Timer or distance tracker.
- Treasure hunt table (below)
- Pen or pencil.
- Container or bucket if you wish to collect items.
-

Instructions

- All I am asking you to do is to go on a walk with your family!
- BUT whilst on this walk, you need to look for and/or collect the items I have listed below in the table.
- Some of the items you may be able to collect, some not.
- On your treasure hunt table, record if you saw the items and on occasions write down how many you saw in total.
- Don't worry if you don't get them all - you can always go on another walk!

Item to look for / collect:	Did you see / find it?	How many did you see / collect?
Dog		
Feather		
Pinecone		
Brown leaves		
Grey stone		
Stick longer than your arm		
Rubbish bin		
Flower		
Squirrel		
Fallen or broken tree		

Additional Activities KS1

Game 1 - Teddy Bear relay

Set up:

- Starting position with 5 teddy bears per player.
- Create a small assault course for each player to be able to move in and out of (E.g. tin cans)
- Bucket / container at the end.

Instructions:

- It's a race! The first player to get 5 teddy-bears safely to the opposite end.
- You must carry one teddy-bear at a time and aim to get it into the container at the end.
- You must travel through the obstacles on the way there, and on the way back you must travel on your hands and your feet.

Progressions:

- Use more teddy-bears.
- Make your obstacles course longer / harder.
- Travel in different ways (backwards, crab walking etc)

Game 2 - Cup catcher

Set up:

- 2 players. Each player has 4 cups.
- You will need 4 small balls or other objects that can roll.
- Sit opposite one another, ideally on a hard surface.

Instructions:

- Children take it in turns being the ‘cup catcher’ and the other rolling the balls.
- The cup catcher must aim to trap one ball in each cup. For every successful attempt a point is scored.
- Swap roles and keep playing until someone reaches 20 points.

Progressions:

- Sit further apart from each other.
- Roll the 4 balls faster and quicker.
- Use your weak hand to trap the balls with the cups.

Game 3 - Duster skipping

Set up:

- 2 players. One skipper and one helper.
- Duster / broom or something equivalent.
- Safe space.

Instructions:

- Children take it in turns to skip over the duster.
- The skip must be a 2 footed jump without touching the duster.
- The other person must move the duster from side to side along the floor.
- Complete 20 successful skips before swapping.

Progressions:

- Move the duster faster to make the skips quicker.
- Skip higher over the duster.
- How many can you complete in a row without stopping?

Game 4 - Under & over

Set up:

- 2 players.
- Safe space.

Instructions:

- One child to be the ‘bridge’, one child to be the mover.
- Complete this routine 10 times in a row before swapping.

  Bridge (tall) with mover crawling under,
  Bridge (flat) with mover stepping over

Progressions:

- Complete 20 in a row.

HOME Challenge Sheet

Year 1 and 2

1 ABC – on your marks!

Search your house for items beginning with the letter A.

Now try with the letter B.

Finally try with the letter C.

Which letter did you find the most of?

2 Thumbs up!

Find 5 objects in your house that are longer than your thumb but shorter than your foot!

Now put them in order of size from shortest to longest?

3 Circles and Rectangles

Look for circles and rectangles in your kitchen.

How many of each can you find?

Circles

Rectangles

Draw some of your findings.

4 Keep your balance!

Can you balance on one leg and count backwards from 20? Can you count back from 50 without wobbling?

5 Half of the toys!

Collect an even number of toys. How many have you found?

Now split them in half by putting them in 2 piles. How many are in each pile?

6 Containers

Find 4 containers in your house that can hold water and order them from the one that holds the most to least.

7 Catch and count

7 2 20 5

Throw a ball into the air and every time you catch it add 1 to your score until you reach 20. How quickly can you do it?

How about adding 2 each time?

8 Target Basket

Place a laundry basket 5 metres ahead of you. Try to throw a pair of socks into the basket. For every successful shot, give yourself 2 points. this 10 times.

What is your score?

9 10:10:10

How many star jumps can you do in 10 seconds?

Have 10 seconds rest. Have another attempt. Add the two numbers together.

Keep going - what is the highest score you can achieve?

10 Maths on the Move number trail

Download and cut out the question cards and follow the answers around the house. Download

Additional Activities KS2

Game 1 - Table slide

Set up:

- Coffee type table at a slanted angle.
- 4 small balls (table tennis balls, marbles, bouncy balls etc)
- 1 cup.

Instructions:

- Get an adult or a sibling to roll 4 balls from the top of the table. They need to be rolled one at a time but in quick succession.
- You're aiming to catch the 4 balls in the same cup.
- Repeat the process until you have caught 20 balls and see how long it took you.

Progressions:

- Use more balls and roll them quicker.
- Use your weak hand to catch the balls in the cup
- Close your eyes and use the sound of the ball rolling to catch it.

<u>Game 2 - Tins & Cups</u> ***(Noughts & crosses)***

<u>Set up:</u>

- 2 players. 1 player with 5 cups, the other player with 5 tins.
- 9 pieces of paper set out as above.
- Starting line.

<u>Instructions:</u>

- 1 player at a time must run to the grid of paper and put down one of their objects. Your opponent then has their turn on your return.
- Repeat this process to see if anyone can win 3-in-a-row after all the objects have been used.
- If you win, you gain a point. Play first to 3 points.

<u>Progressions:</u>

- Differentiate how you move to the grid (E.g. crab walks, side-steps etc)
- You’re allowed to move an opponent's object instead of placing down your own.

Game 3 - Tube balance

Set up:

- Finished toilet roll tubes spread out in front of you.
- Small round objects that will sit on top (Apple, orange, balls)
- Flat, hard surface.
- Stopwatch.

Instructions:

- Sitting down and using your feet only, attempt to pick up an object and place it on top of a toilet roll tube.
- You're not permitted to use your hands.
- See how long it takes you to complete the challenge.
- If you do not have any toilet roll tubes like this, then you can use containers or buckets to transfer things into.

Progressions:

- More objects / tubes to balance.
- Complete with your eyes closed.

Game 4 - Towel flip

Set up:

- 1 Towel.
- 1 Ball.
- 1 washing basket.

Instructions:

- With a partner, each holding the end of a towel.
- Place a ball on the towel and swing side to side 3 times.
- On the third swing, aim to flip the ball into the washing basket.
- If successful, a point is scored.
- Retrieve the ball and try again, aiming to score 5 points as quickly as possible.

Progressions:

- Move the washing basket further away.
- If you miss the target, you must complete 5 press-ups.

HOME Challenge Sheet

Year 3 and 4

1 Symmetry

Choose a room in your house and look for as many symmetrical objects as possible.

Can you draw a picture of the objects and add any lines of symmetry?

2 Red Yellow Green

1st attempt: 5 minutes to find as many red items as possible

2nd attempt: 5 minutes to find as many yellow items as possible

3rd attempt: 5 minutes to find as many green items as possible

How many items did you find in total?

Which colour do you think would give you the most items?

3 Target Basket

Place a laundry basket 5 metres ahead of you.
Try to throw a pair of socks into the basket.
For every successful shot, give yourself 50 points.
Try this 10 times.

What is your score?

4 Roman Numeral search

Can you find any Roman Numerals written around your house?

Write the numbers 1 to 20 as Roman Numerals and tick the ones you find.

5 Stop the clock star jumps

How many star jumps can you do in 20 seconds?
Have 3 attempts and record your score each time.

6 One leg tables

Can you balance on one leg and recite all of your 8 times table? What about doing them backwards?

7 Estimate and count

How many radiators do you think you have in your house?

How many windows do you think you have?

Add the totals together

8 Standing long jump

Place a marker on the floor.
Stand behind the marker and taking off with both feet see how far you can jump. Have 5 attempts.
What is the difference between your shortest and longest jump?

9 Letter values

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

If each letter is given a value as shown, can you find objects in your house that score different points by adding the letter values together?

For example: CUP = 3 + 21 + 16 = 40 points

Between 20 and 40 points?

Between 40 and 50 points?

Exactly 60 points?

Over 100 points?

10 Maths on the Move number trail

Download and cut out the question cards and follow the answers around the house. Download

HOME Challenge Sheet

Year 5 and 6

1 Angle search

Search your house for examples of different types of angle.

Can you find an acute angle, an obtuse angle, a right angle and a reflex angle?

2 Light bulbs and switches

Estimate how many light bulbs are in your house.

Estimate how many light switches are in your house.

Now go and find out how many there are.

Multiply your two numbers together.

3 Capacity

Find three bottles that contain liquid (e.g. milk or juice). Look for the amount of liquid in a full bottle and add all three up. Write the amount in...

Millilitres (ml)

Litres (l)

4 6 on the bounce!

24

6 12

Bounce a ball on the floor and every time it hits the floor add 6 to your score. **Challenge** - ask an adult to give you a random number between 1 and 20 to start on!

5 20:20:20

Count how many star jumps you can complete in 20 seconds.

Have 20 seconds rest. Count how many burpees you can complete in 20 seconds.

Multiply the 2 together and see what score you get.

Try again! Can you beat your score?

6 Lengths

Measure the length of the largest room in your house.

How many lengths would you have to run to cover 100m?

What about 400m?

7 TV Times

Choose a channel and find the longest programme of the day.

Write down the length in minutes.

Find the shortest programme of the day.

What is the difference between the longest and shortest programmes?

8 Mean Long Jump

Place a marker on the floor.

Stand behind the marker and taking off with both feet see how far you can jump. Have 3 attempts.

Add up your 3 distances and divide by 3 to find your mean distance.

9 Letter values

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

For example: CUP = 3 + 21 + 16 = 40 points

If each letter is given a value as shown, can you find objects in your house that score different points by adding the letter values together?

Between 30 and 40 points?

Between 60 and 70 points?

Exactly 100 points?

Over 150 points?

10 Maths on the Move number trail

Download and cut out the question cards and follow the answers around the house. Download