



PHYSICAL EDUCATION & ACTIVE KIDS

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Physical Activity at Home Diary!

NAME:.....

SCHOOL:.....

YEAR GROUP/CLASS:



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Hello!

We understand things are a little bit different at the moment. Everything around us is constantly changing: the rules, the guidance, who you can go to see, who you cannot mix with and everything from going to school to seeing your family and friends seems to have been affected. It has to be expected that children and young people may feel a little down, overwhelmed or unmotivated in their everyday routines. However, one thing we can do together to try and keep their spirits high and mood positive is to encourage them to continue daily physical activity! It has been scientifically proven that physical activity and exercise can have a positive effect on our mental health. This and many other well-documented benefits of physical activity are the main reasons Physical Education & Active Kids feel it is vital your child continues to take part in physical activity whilst at home. Each day, more and more children are required to stay home from school to self-isolate and we want your child to continue to have the opportunity to stay active during this time.

Research from Sport England shows that just 19% of children were meeting the recommended one hour of day of physical activity during lockdown.

For this reason, it is vital for the physical and mental health of our children that PE gets back on track. High quality PE develops children's physical literacy, increasing both their confidence and the likelihood that they will lead a physically active life both in and out of school!

This is why we have created the **PEAK Physical Activity at Home Diary.**

This diary contains one activity per day for a 14-day self-isolation period, in addition, there is also a cross-curricular activity per day relating to core subjects such as English, Maths and Science.

If your child is in Key Stage One (Years 1-2) they may need some additional support when completing the activities. If your child is in Key Stage 2 (Years 3-6) they should try to complete the activities individually but you could be on hand should they need any support.

Physical activity and exercise is beneficial for everyone, so why not turn it into a family activity? Join your children for the daily activity and encourage other family members to take part too! However, when involving other family members, please remember to follow government advice and guidance. We recommend you only involve family members within your own household.

Towards the back of the diary, there is a page with additional activities called the 'Wellbeing Wall'. This provides 14 additional activities to support your child's wellbeing throughout the isolation period.

You can also find us on Facebook, Twitter and Instagram by simply searching for PEAK! We also have lots of PEAK Team Challenges on our YouTube Challenge!

We hope your little one has fun, stays safe and stays active during their time at home.

Jump Against the Clock.

How many star jumps can you do in a set amount of time?
Time yourself or get another member of your house hold to help.

15 seconds:

30 seconds:

60 seconds:



Challenge Yourself! We have doubled the time on each go. Can you double your score?



Using your scores from above, can you answer the following maths related questions?

What is the total amount of star jumps completed?

Find the difference between your highest and lowest score?

If you did this activity three times in a week, what would be your total score for the week?

Speedy Steps!

Using a step within your house, or using the bottom of your stairs, how many step ups can you do in 15 seconds?
Take 5 attempts and record a score for each.

Round 1

Round 2

Round 3

Round 4

Round 5

Now see if you can double your score in 30 seconds
OR how many steps you can get in one minute!

Using the numbers within your scores line them up in number order for example if you managed to do 14 step ups, split that up into 1 and 4. Try to answer the following questions: (You can only use each digit once)

What is the largest 3-digit number you can make using the numbers?

What is the largest 4-digit number you can make using the numbers?

What is the largest 5-digit number you can make using the numbers?

Take the 3-digit number from the 5-digit number to find the difference between them?



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Circuit Challenge!

5 x Step Ups:

Using the bottom step of your stairs.

4 x High Knees:

Jumping bring your knees to your chest.

3 x Star Jumps

Big jump making a star shape with arms and legs

2 x Hops

Balance on 1 leg, bend your knee and hop

1 x Balance:

Balance on one leg for 30 seconds as your rest period.

See how many times you can repeat the circuit without stopping!

Can you double up the amount of exercises you have to complete?

Do you have any ideas of exercises you can add to the circuit?

Thinking about the changes to your body when you exercise, write three sentences below to describe some of the changes that happened when doing the circuit.

#1

#2

#3

Animal Yoga Challenge!

Can you hold yoga pose for a set amount of time?



Cow pose



Turtle pose



Camel pose



Frog pose



Cat pose



Lion pose

First Attempt:
15 Seconds

Second Attempt:
30 Seconds

Third Attempt:
60 Seconds (1 minute)

Once you have finished your yoga, its time to put your maths skills to the test with the following questions:

Adding all three attempts together, in SECONDS how long did you hold the pose for?

What percentage of a minute is 15 seconds?

What fraction of a minute is 15 seconds?

What percentage of a minute is 30 seconds?

What fraction of a minute is 30 seconds?



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Button Up!

You have 5 minutes to collect as many items from the house that have buttons!
Once you find an item you must perform 5 star jumps!
Try to travel between the rooms in different ways!

Write the items you have found in the boxes below:

| | | | |
|--|--|--|--|
| | | | |
| | | | |

Now try and think of different things you can find! Maybe objects that are blue, objects that are round or objects that all begin with the letter P!

Its time to get creative and use your imagination...

Write a short story that includes all of the items that you have found around your house.

The Floor is Lava!

Using only two pillows or cushions, see how many rooms you can travel through in 3 minutes.
Each time you touch the floor you must start the time and score again.

How many rooms did you manage to travel through?

Research a volcano and see if you can match the labels to the diagram correctly!



Ash Cloud: This consists of fine particles of rock.

Vent: The central tube that magma travels through.

Magma: Molten rock beneath the Earth's surface.

Lava: Molten rock that erupts from the volcano.

Crater: The steep-sided mouth of a volcano.

Throat: The entrance of a volcano that releases lava.



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Animal Travel!

Travel around your house visiting at least different rooms.

When moving around it is sometimes helpful to think of how animals travel to help vary our choice of movement. Can you travel to different rooms in your house like different animals, for example across your kitchen like a snake?

Write the room and the animal in the boxes below:

Room:

Animal:

Room:

Animal:

Room:

Animal:

Room:

Animal:

Here are some suggestions of animals you could try to move like:

Lion

Snake

Kangaroo

Penquin

Crab

House Hunt!

Travel around your house in a variety of ways and try to find an item for each letter of the alphabet.

You only have 15 Minutes to try to complete the alphabet. Write your items below. The blocks have been completed for you already.

Examples:

A = Apple

B = Book

C = Chair

and so on...

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

Using only the letters you found, make a list of all the words you can make!



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House Hunt!

Below are ways you must travel to find different objects in your house!

Hop to find soap.

Sidestep to find an egg. Don't drop it!

Walk backwards to find a pen.

Skip and find a spoon.

Jump to find a piece of fruit.

Crawl to find a coin.

**Can you think of different objects you can collect?
And think of different ways to travel to find them too?**

Time to test!

First of all, we need to predict what you think the outcome of the experiment will be. Write this next to the item below. Then carry out the experiment by dropping it into a bucket or sink of water and find out whether it sinks or floats.

Your item name:

Will it float? Yes or no?

Does it float? Yes or no?

Your item name:

Will it float? Yes or no?

Does it float? Yes or no?

YES | NO



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Use your body to try and make the following letters:

T Y O I L P C E D N



Challenge Yourself! What other letters can you create using your body?



Write the additional letters here:

Using the letters above, how many different words can you create?

What is the largest word you can create and its definition?

Defintion:

What is the smallest word you can create and its definition?

2 letters minimum

Defintion:

Hop, Skip & Jump!

Can you move around your house only using hopping, skipping and jumping as a method of travelling?

To start, hop to the first room and touch the furthest wall from the door.

Next, skip to the next room and touch the window.

Finally, jump to the final room and touch all four walls.

Once you have finished hopping, skipping and jumping around your house try to write a sentence below describing each room you entered. Try to use at least three adjectives in each sentence.

Room One

Room Two

Room Three



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Sock Box!

Roll up a pair of socks and try to throw them directly into a bucket, box or wash basket.

After each successful throw take an estimated 30cm step backwards.

Have 5 attempts and write your scores below followed by the total:

1.

2.

3.

4.

5.

TOTAL =

**You can make the challenge harder by using a smaller target e.g. bucket or bowl!
Also see if you can answer some of these questions:**

In centimetres, how far away from the target did you get in 5 throws?

If you moved back 60cm instead of 30cm. How far away would you have finished from the target?

Can you convert both your answers into millimetres (mm)?

Super Sockball Challenges!

Roll up a pair of socks or use a small ball. Write down how many attempts it takes you to complete the following

Challenge A - Throw in air, sit down and catch.

Challenge B - Throw in air and catch behind your back.

Challenge C - Throw in air, sit down, stand up and catch.

**Can you challenge yourself even further and add in a clap after each throw?
How else could you make the challenges harder?**

Thinking of sports, we may have to 'throw and catch' a ball in, research and answer the following:

Which country invented the sport cricket?

Write three facts about that country.

Which country won the handball gold medal at Rio 2016?

Write three rules for handball at the Olympics.

In what country would you find the Chicago Bulls basketball team?

Write three facts about the sport of basketball.

Reflective Rainbow!

In addition to looking after your physical health it is important to look after our mental health and wellbeing! Therefore we have created our reflective rainbow which is made up of 14 activities which can help you stay positive throughout your time at home!

Read a book and draw a picture of your favourite character or setting!

Choose a window in your house and draw what you can see!

Write a poem about your family, or your favourite things e.g. Hobby, TV programme.

Write a short story about your dream job or dream day out!

Write a letter to your best friend talking about what you have been doing, what you miss about them and what you're looking forward to doing together!

As a family you can discuss, discover and draw your family tree!

Design a poster of the things you like best about school and have missed most during your time at home!

**Cook or bake something with your family!
You could also write a review!**

Write down three things you are grateful about and 3 feelings you have felt today and discuss with a family member!

Design, create and play a board game with your family!

Research and learn the 7 wonders of the world and discuss them with your family member! You could also discuss where you would love to travel to and why!

Go on a nature hunt in your garden and see what objects you can find.

Can you create a collage or piece of art with your findings?



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CERTIFICATE OF PARTICIPATION

This is awarded to

.....

For completing the PEAK Physical Activity at

Home

diary!

SIGNED BY:

