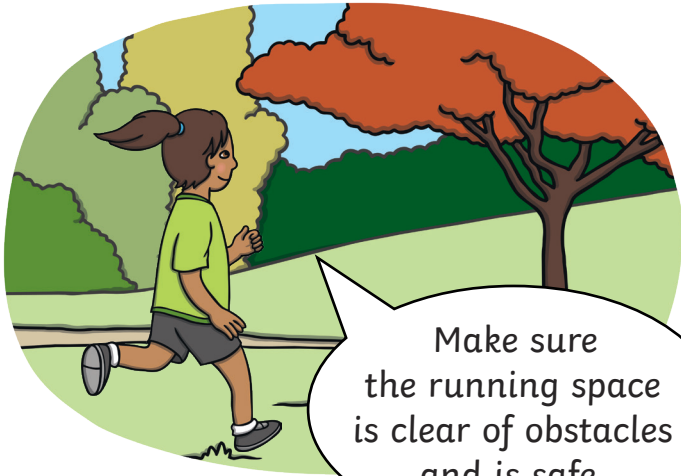


Y1 Multi-Skills: Sports Day

Home Learning Activities



Make sure the running space is clear of obstacles and is safe.

Run, Run, Run!

Ask a friend or family member to take you on a walk.

Ask them to time you as you run to the next lamp-post or tree and back.

Try this five times during your walk.
Can you get faster each time?

Balance Challenges

Play with a friend or family member.

Try to balance a non-breakable object, (e.g. a ball, teddy bear, etc.) on an agreed part of your body for as long as you can. Who can balance the item the longest?

Try different objects and different body parts.

To make the challenge more difficult try walking round in a circle while balancing the object.



Jumping Animals

Practise your jumping skills with this fun activity. Ask a friend or family member to call out an animal (see below). You then have to jump around the space to represent the animal.

Kangaroo – stretch up tall with your arms in the air as you jump with two feet to two feet.

Frog – squat down and then jump from two feet and hands to two feet and hands.

Rabbit – squat down and jump forward from two feet to land on two hands and then two feet.



You can add other jumping actions for different animals too.

Bucket Throw

Play with a friend or family member.

Use an old bucket as your target and take turns to throw a ball into the bucket from a set distance. Score a point each time you get the ball in the bucket. Who can be the first to score ten points?

Try to move further away as you get more accurate.

Experiment with overarm and underarm throws.

Use rolled up socks if you don't have a ball.



Football Shapes

Practise moving a football with your foot to create different patterns and shapes on the ground.

For example, can you move in a zig-zag pattern, a circular pattern or spell out your name?



My Obstacle Course

Use a few pieces of equipment from your house or garden to create an obstacle course where you have to travel over, under and around obstacles.

For example, travel under a sheet, over a chair and around the sofa.

Challenge a friend or family member to try the course too. Which of you can complete it the quickest?

