

#ThisIsPE – Lesson one: Coordination with ball skills

These will develop coordination, agility and accuracy; and they link to the sport of tennis.

If you don't have a racket and a ball don't worry, any hardback book and a scrunched up piece of paper will do the trick.

ACTIVITY ONE

Start by balancing the ball on your book using two hands, then see how many bounces you can do. Keep your eyes on the ball and count how many bounces without the ball dropping. Try to improve your highest score, then challenge yourself by trying each progression.

If both hands is easy then try holding the book with one hand. Switch the book between forehand and backhand bounces, and finally see if you can control the ball while switching the hands that you are holding the book with.

ACTIVITY TWO

If you are confident with the control from activity 1, grab any sibling, parent or carer. What you need to do is attempt to get the longest rally that you can without the ball touching the floor. Alternate hitting the ball between you. If the ball does drop to the floor, your score resets back to zero and you need to start again to see if you can beat your high score. Get in line with the ball and use your quick reactions to keep the rally going.

GAMEPLAY

It's time to put these skills into gameplay. Split your area down the middle with any safe item, such as a rolled up towel. The objective of the game is to avoid the ball landing in your half of the area. Hit the ball out of your half, over the halfway line and into the space in your opponents half. If the ball does land in your opponents half then you gain a point. Keep your feet moving to get in line with the ball. Play first to ten points, then switch your opponents around.

MAKE IT EASIER

- Use a larger “racket”
- Hold the racket with two hands
- Stand closer to your partner
- Increase the size of the court/area
- Use a larger or lighter ball

MAKE IT HARDER

- Use a smaller “racket”
- Use your weaker hand
- Stand further away from your opponent
- Make one side of the pitch smaller
- Try using only forehand or backhand shots

Lesson notes provided by Darren Huart, Yorkshire Sport Foundation.

#ThisIsPE – Lesson two: Footwork patterns

This activity is all about developing those fundamental skills for our children – agility, balance and coordination. Footwork patterns are essential in everyday life for our children. For example, dodging oncoming bicycles or running for a bus. We're going to be pivoting, sidestepping, lunging, hopping from one foot to the other. We're then going to go outside and apply it in a game.

ACTIVITY ONE

First, try speed walking around the track, making sure your feet touch the ground from heel-to-toe and use your arms to drive you forward.

ACTIVITY TWO

Can you side-step around the track? Don't let your feet click together and bend those knees! How many times can you travel around the track in 60 seconds?

ACTIVITY THREE

Let's combine side steps and pivots! Pivot your body forwards every time you pass a teddy to face the opposite direction. How many teddy 'checkpoints' can you pass in 60 seconds.

ACTIVITY FOUR

Now lunge from one foot to another every time you pass a teddy! Don't go too fast! Can you slow down your lunges and hold the balance on one foot for at least two seconds?

PUTTING IT INTO A GAME

The attacker must try to get through the posts by side stepping, pivoting and lunging without getting tagged. They are allowed to attack from behind or in front of the posts! The attacker gets a point every time they make it through.

MAKING IT HARDER OR EASIER

Harder for attacker

- Move the two posts closer together apart
- The attacker is not allowed to pivot attackers
- Increase the number of goalies hop

Easier for attacker

1. Move the two posts further
2. Increase the number of
3. The goalie is only allowed to

Ask your child: Which footwork patterns helped you the most and why?

Which sports are these movements useful for?

Lesson notes provided by Alex Ogden, Yorkshire Sport Foundation.

#ThisIsPE – Lesson three: Throwing for accuracy

Today we're going to be learning about throwing for accuracy. The important thing to remember for this is that you've got to keep your eyes on the prize! That means you've got to watch where you're throwing to at all times.

ACTIVITY ONE

Our first activity is a two-handed throw into a box. Stand a comfortable distance away from the target. Then using two hands throw a soft object like a teddy, or rolled up socks, into the box.

ACTIVITY TWO

We are going to be throwing with one hand. We are going to start by using the hand that we write with. If you get the object into the target, then you can move the target further away. If you miss, move it closer to make it easier.

PUTTING IT INTO A GAME

Now we are going to be playing a game. Start with three different size targets that we are going to be throwing objects into. Start with the biggest target, and move down each time you get your object into your target. The first, or the quickest, into the smallest target at the end of the game is the winner.

Lesson notes provided by Dan Wilson, Yorkshire Sport Foundation.

#ThisIsPE – Lesson four: Rock and roll gymnastics

We are going to look at rocking and rolling, which will develop your child's coordination and balance, as well as their strength skills. It is based within the gymnastic strand of the national curriculum.

ACTIVITY ONE

Sit in a tight tuck position and hold onto your sock as tight as you can. Can you rock backwards and forwards whilst keeping hold of the sock? Try not to touch the floor. Make sure you use your stomach muscles

ACTIVITY TWO

Now try holding on the top of your knees.
This time we will try with your legs straight out. Make sure your hands are behind your legs so your elbows don't touch the floor.

ACTIVITY THREE

Use a pair of socks to make sure you aren't using your hands. Keeping hold of the socks rocking backwards and forwards, can you stand up? You must stay in that nice tight tuck shape. Make sure you stand nice and tall.

ACTIVITY FOUR

Moving onto the hardest version of this. Parents this is a good one for you to try as well if you want to give it a go.

We are going to ask you to stand up on one leg. Rock backwards then forwards and up on to one leg. Can you try the opposite leg. This is pretty hard, one leg up, rock back and then stand up.

Lesson notes provided by Rebecca Clay, Elevate Academy Trust.

#ThisIsPE – Lesson five: Balloon blasting

This particular challenge is really useful for developing hand-eye coordination and striking using a hand. But not only that, it is great for developing listening skills and following simple instructions.

Hand-eye coordination is really useful for many everyday things whether it is picking up your favourite toy and favourite object or even a pen to write with. Also, striking is used in many sports such as tennis, cricket, squash and even badminton.

ACTIVITY 1 – STRIKING WITH YOUR STRONGEST HAND

Throw the balloon to your partner they need to hit it back with one hand. First try returning the balloon with your dominant hand. Keep your eye on the balloon at all times. Strike with your hand to return to your partner.

Challenge yourself by using your other hand.

ACTIVITY 2 – RALLY WITH YOUR PARTNER

See how much of a rally you can have with your partner. Make sure the space is safe. Try strike the balloon with different body parts. See if you can beat your score

ACTIVITY 3 – REACT TO COLOUR CALL

Listen up and follow the colour instructions. Make sure your space is safe. Objective of the game is to hit the balloons back in the correct order. Keep your head up and looking at both balloons.

MAKE IT EASIER

- Use a bigger balloon
- Make the area bigger
- throw the balloon higher

MAKE IT HARDER

- Use a smaller balloon
- Decrease the size of gap between you
- Add in a third balloon

Lesson and notes provided by Ryan Ellis, founder of The PE Umbrella.

#ThisIsPE – Lesson six: Jumping in combination

We're going to have three separate activities that will progressively get more challenging. I'm going to give you some tips and advice on how to simplify it and how to make it a little bit more difficult to support the needs of your children.

In terms of using household equipment only, all we're going to need is some ties, rolled up t-towels and some socks. That's it!

ACTIVITY ONE

This is a footwork sequence and we're going to be working on coordination and balance through jumping in different ways.

Encourage your child to keep their two feet together when completing the criss-cross, four quarter challenge. During the hopscotch task support your child not to rush, bend their knees on landing and put their arms out for stability. Once again, encourage your child to keep their feet together and bend their knees through the ladder activity.

ACTIVITY TWO

A little bit of a progression here, we've got a variation of footwork patterns in terms of jumping over the barriers. You can jump from one foot to two; two feet to one; two to two; and lots of different variations.

ACTIVITY THREE

The final progression and this is called Jump the River. The challenge is to make three jumps and safe landings over the river. When you have done that you could progress further onto a windy river.

Encourage your child to look carefully at where they need to jump to and to bend their knees on take-off and landing. They can use their arms to propel them forward and help them to increase their distance.

Lesson notes provided by Niall O'Brien, Academy at St James Bradford.