

NOT AT SCHOOL

SCHOOL GAMES

KS2 LESSON 2



WARM UP



ACTIVITY 1



Yoga for Flexibility!

Yoga is the perfect opportunity to exercise and relax at the same time. Take a look at this [video](#) for a great 15 minute yoga workout!

The Remote Control Game – Someone in your house calls out different buttons from your TV remote control and you must move in a certain way, This can be done on the spot or around the room.

Play = walking

Pause = freeze and hold a balance

Fast forward = running

Skip = skipping

Can you think of other remote control movements?

CHALLENGE 1



Basketball Shooting

Using a pair of rolled up socks, place a target (bin, sauce pan etc.) up against a wall. Try to shoot your socks into the target. Repeat 5 times and see how many you can score. For an added challenge, move your target away from the wall or place behind a chair in your house. How many can you score this time? Use this challenge as practice for your entry into the **SLSSP Quad Cup - Virtual Basketball Challenge**. Click [here](#) for more information and to enter the competition!

ACTIVITY 2



Les Mills - BORN TO MOVE!

Follow the instructions in this Les Mills fitness workout! There are lots of different movements for you to get involved with and make sure you have a drink with you! Here's the link to the [video](#)!

