

NOT AT SCHOOL

# SCHOOL GAMES

## KS2 LESSON 4



### WARM UP



### ACTIVITY 1



#### Classical Piano Challenge

Create a dance sequence that tells a short story. It might be a make-believe event that happens travelling to school. You might be in a fantasy situation in outer space or in a jungle, you decide! Try and involve expression through your head, arms and hands to tell the story. Try to keep your speed to the rhythm of the music and also include turning and balances. here is the [music](#).

#### Olympic Themed Add On

This game is a test of your memory. Play some music and ask someone to say an Olympic sport. You then make a move that simulates the sport. A second sport is then called and you perform sport 1 followed by sport 2. Keep adding sports after each correct round. if you make a mistake, you can restart the game or have 3 lives.

How many different Olympic Sports can you think of?

### ACTIVITY 2



#### Create Your Own Yoga

Can you create and design your own yoga routine? Think about different yoga positions you could use to unwind and cool down your body. Yoga stretches are great for reducing your heart rate and relaxing both your body and mind. **Take a look at this [video](#) for some ideas to include in your yoga routine.**

### CHALLENGE 1



#### Favourite Sporting Moment

What is your favourite sporting moment? Close your eyes, replay it in your head and think about why it is special to you. Can you recreate your favourite moment using items you have available to you in your home? Be as creative as you like and take a photo or video to capture your recreated moment.

### EXTENSION ACTIVITY

In line with Children's Mental Health Week from 1st - 7th February, SLSSP are running the #ExpressYourSelfie challenges for pupils to get involved with and be in with a chance of winning prizes! Check out the challenges [here](#)!



South Leicestershire School Sports Partnership

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