

NOT AT SCHOOL

# SCHOOL GAMES

## KS2 LESSON 7



## WARM UP



## ACTIVITY 1



**Jumping Dice** - Roll a dice and complete jumping movements for 10 reps (easy), 15 reps (medium) or 20 reps (hard).

- 1 - Star Jumps
- 2 - Tuck Jumps
- 3 - Pencil Jumps
- 4 - Half twist
- 5 - Full twist
- 6 - Squat Jump

How many rolls does it take for you to complete all the activities? You could also play with someone else in your house and first to complete all the activities is the winner.

## ACTIVITY 2



**Cool Down** - After you have completed the challenge, its time for a cool down. It is really important you take the time to cool down after exercise as it allows a gradual decrease in heart rate and body temperature. **Take a look at this [video](#) to complete your cool down!**

## ACTIVITY TRACKER CHALLENGE

From 23rd February to 24th March, every minute of exercise you complete goes towards the SLSSP Quad Cup - Activity Tracker Challenge! **Click this [link](#) for more information and details on how to track your exercise!**

**Body Parts Catch** - Using a soft ball, socks or balloon, throw them up in the air and touch your head before catching the ball. Repeat and try to touch your shoulders, your knees and then your toes. Now try touching head and shoulders before catching the ball. Can you touch all 4 body parts while the ball is in the air? To make it easier, allow the ball to bounce and crouch low to give yourself more time to touch the body parts.

## CHALLENGE 1



**Barrier** - Place items from your home on the floor as obstacles. Visualise the route from one side of the room to the other. Put on a blindfold and you must successfully get to the other side without touching an obstacle. Using soft toys and an elevated skipping rope act as good obstacles and are also safe.

**Attract** - Balance a book on your head and an object on a spoon and attempt to cross the barrier to the other side of the room. If you touch an obstacle, the book falls off your head or the object falls off the spoon, you must restart. To make things easier, remove the barrier and/or book.

**Blind Shot** - Sit on a chair and make a barrier in front of you, such as a dining chair with a bed sheet covering it and place a target behind the barrier. Roll up a pair of socks and see if you can make the blind shot. Adjust the size of the target to determine the level of challenge.

