

PE PARENT WITH Active Fusion

FAMILY PACK

WHAT IS INCLUDED IN YOUR PACK?

Activities for you to try with different levels of challenges!

The activities focus on developing your throwing, catching, speed, agility, balance and coordination

All the activities are suitable for your age, but you can make them harder with our challenges!

Each card will tell you how to do the activity and has a video link (QR code) to a coach showing you the activity and top tips!

We would love to hear from you to tell us how you're getting on with PE at home or show us by sending your videos to info@activefusion.org.uk

Active Fusion is part of the Get Doncaster Moving Network of groups and organisations. We're working together, helping people in Doncaster to access opportunities to move more and be active.

TOP TIPS

Try to spend 10-15 minutes on each activity

Try to be active for at least 60 minutes a day

Try your best at each activity and ask for help if you need some!

CHALLENGE

Can you challenge another family member to be active with you?

Can you be creative and make your own challenges?

Can you try each activity more than once?

HOW MANY PLAYERS?

All activities can be completed individually but you may need help from a family member to call instructions or to help you set up.

WHAT DO I NEED?

All activities can be done with objects you will have at home. You will need to find a clear space inside or outside.

DON'T FORGET TO REVIEW YOURSELF

Remember to review your lesson like you would at school after you have tried an activity!

Tell a family member the following after each activity:

- What did you do well?
- What did you enjoy?
- Is there anything you could do even better next time?

If you have any ideas how we can improve the activities, or if you have created your own activity please share your ideas with us on social media.



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Individual Catching Challenges

HOW TO PLAY THE GAME?

How many of these challenges can you do?

- 1: Can you catch your ball or object with 2 hands?
- 2: Can you do a clap before you catch your ball or object?
- 3: Can you stand on one leg and catch your object with 2 hands?
- 4: Can you throw the ball in the air and sit down before you catch it?
- 5: Can you throw the ball up catch it, run around a cone and back again?

Can you challenge a family member to beat your score?

Follow the link below to a video to see how to progress your skills into a game.

HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

A ball, beanbag, rolled up pair of socks, ball of paper, ball of tin foil.

TOP TIPS

Create a catching basket with your hands.

Keep your eyes on the ball or object.

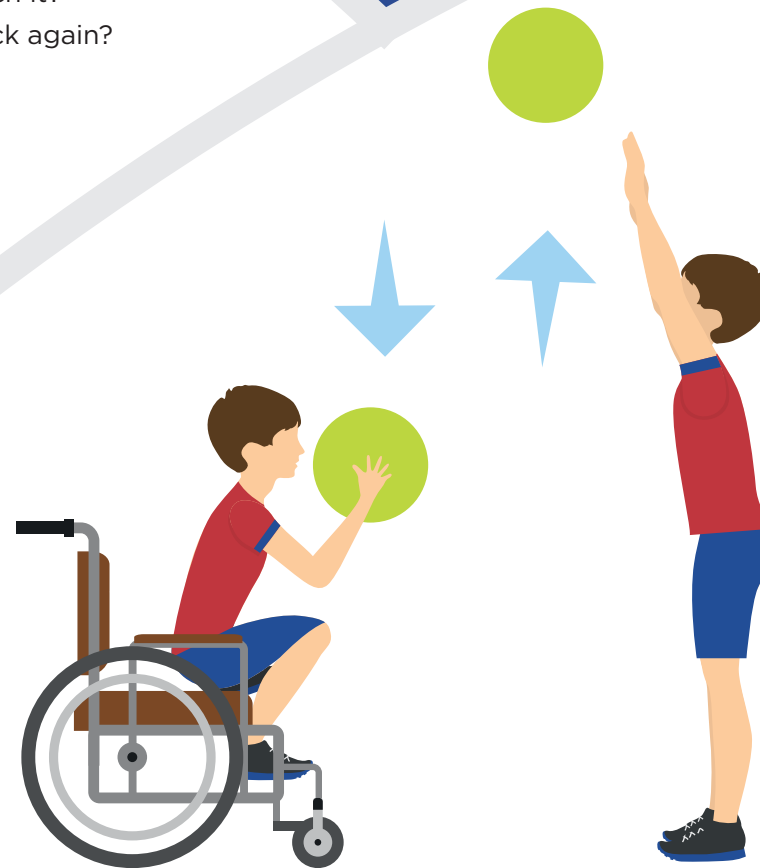
Don't throw your ball or object too high at first.

EVEN MORE CHALLENGING

How many times can you clap before catching the ball?

Can you make up your own catching challenge?

Can you use a smaller ball or object?



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One Legged Balancing Pirates

HOW TO PLAY THE GAME?

- Practise standing on one leg for 5, 10, 15 seconds.
- Once you have practised, see how long you can balance for.
- Try balancing on your other foot.
- For the Pirate Challenge you need to ask a family member to balance different household items on different parts of your body.
- Once you have been loaded with items see how long you can balance on one leg without the items falling off or you putting your other foot down!
- Ask a family member to be the pirate!

HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

Soft objects to balance on your body.

TOP TIPS

Hold your arms out to help you balance.

Try to stay as still as possible.

Keep your head still and focus on a stationary point in front of you.

EVEN MORE CHALLENGING

Increase the number of objects used in the Pirate Challenge.

Challenge a family member to see who can balance the longest.

Can you balance on your other leg?



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Jump the River

HOW TO PLAY THE GAME?

- How far up the river can you jump?
- Start at the bottom of the river and try and jump across to the other side without landing in the water!
- Jump using two feet and try to land on two feet!
- Can you make the river wider to make the challenge harder?

TOP TIPS

Bend your knees to give you power to jump.

Swing your arms backwards then forwards to go further.

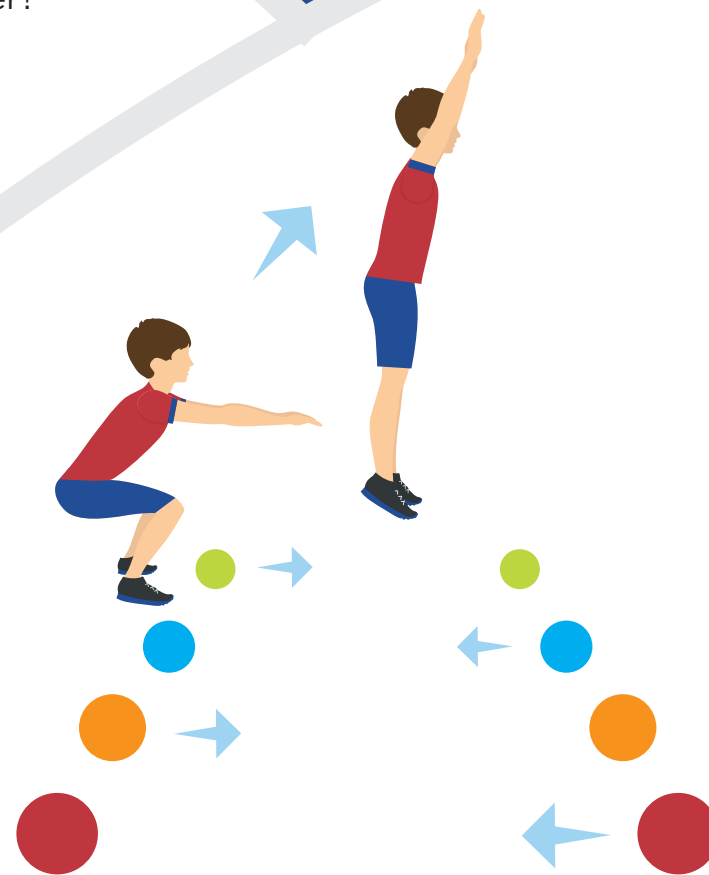
Try not to fall over when landing by landing on two feet.

EVEN MORE CHALLENGING

Make your river wider or bendy with different sized jumps

Can you take off on one foot and land on two?

Challenge your family members to see who can jump the furthest!



HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

Cones or household items as an alternative.

If you have some rope you could use it to mark out your river.



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Boccia

HOW TO PLAY THE GAME?

- Throw your jack into the playing area
- Aim to throw all your objects as close to the jack as you can!
- Remember you must be behind the throw line when throwing
- Can you add scores to your game? E.g. if you hit the jack, you get 10 points!
- Can you challenge someone to a game?
- When challenging an opponent take it in turns to aim for the jack.
- Who can get their item closest to the jack?
- Can you create a scoring system when playing against an opponent?

TOP TIPS

Look at the target when aiming and throwing your item.

Practise throwing before you start scoring.

Make sure you don't throw the jack too far!

EVEN MORE CHALLENGING

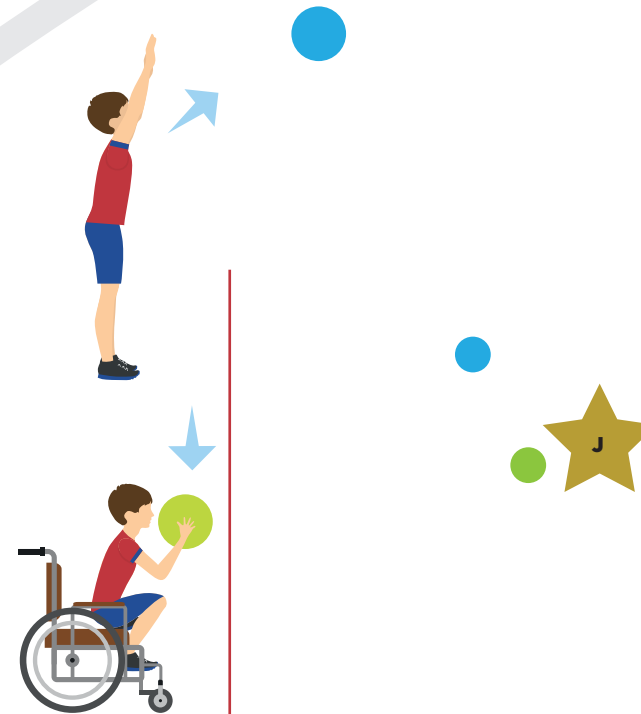
Can you use your other hand?

Can you throw while trying to balance?

EASIER CHALLENGE

Make the playing area smaller.

Move the jack closer to the throwing line.



HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

An item to act as a jack (soft toy).

Household items to throw (washing pegs, soft toys, rolled up socks).

Cones or objects for markers.



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Move the Objects

HOW TO PLAY THE GAME?

- Can you move all the objects with your feet?
- Move the objects from one side of your body to the target on the other side.
- For an easier challenge use your hands and slightly lift your feet off the floor.
- How fast can you move the objects?

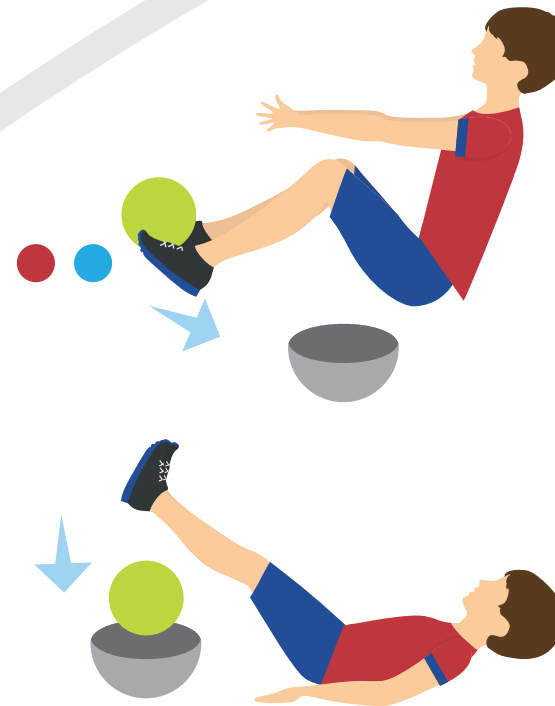
HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

Household objects (rolled up socks would be best suited).

Bowl or bucket as a target.



TOP TIPS

Squeeze your tummy muscles to keep you from falling backwards.

Move the objects with control, don't go too fast at first.

Grip the object tightly so you don't drop it!

EVEN MORE CHALLENGING

Lift your feet up higher.

Once you have the object, hold it for 3 seconds before placing in the bowl.

Challenge a family member to a race!



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Head, Shoulders, Knees and Toes

HOW TO PLAY THE GAME?

- The game will test your ability to jump over different distances.
- Ask someone to lay on the floor, place different markers at their head, shoulders, knees and toes.
- See how far you can jump!

TOP TIPS

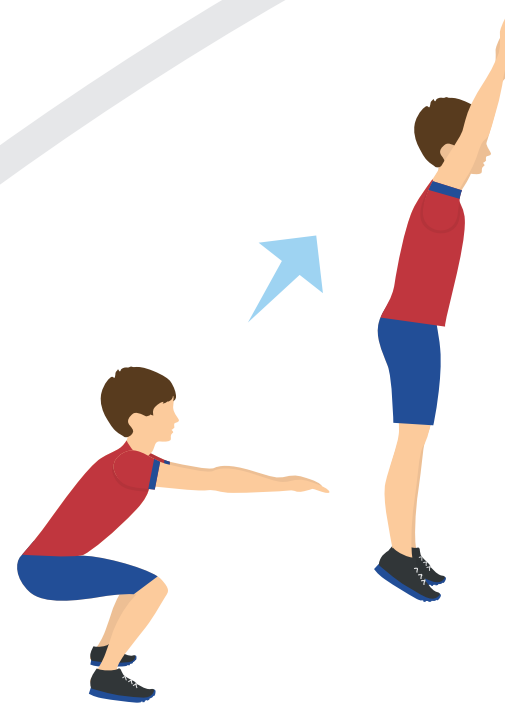
Bend your knees and swing your arms forward to jump further.

Land on 2 feet with control and try not to fall over!

EVEN MORE CHALLENGING

Can you jump from 1 leg and land on 2 feet?

Introduce a scoring system for the different distances. E.g. Toes- 1 point, Knees- 2 points, Shoulders- 3 points and Head- 4 points



HOW MANY PLAYERS?

As many players as you like.

WHAT DO I NEED?

Cones or objects to mark each distance.



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North, South, East, West

HOW TO PLAY THE GAME?

- This game will test your memory and speed!
- Decide which cone represents which point on the compass
- Ask a family member to call out a point on the compass
- Remember the correct cone and run as fast as you can to the correct point
- Once you have run to the cone, run back to the middle as fast as you can!

TOP TIPS

Make sure you have a good start position ready to move quickly.

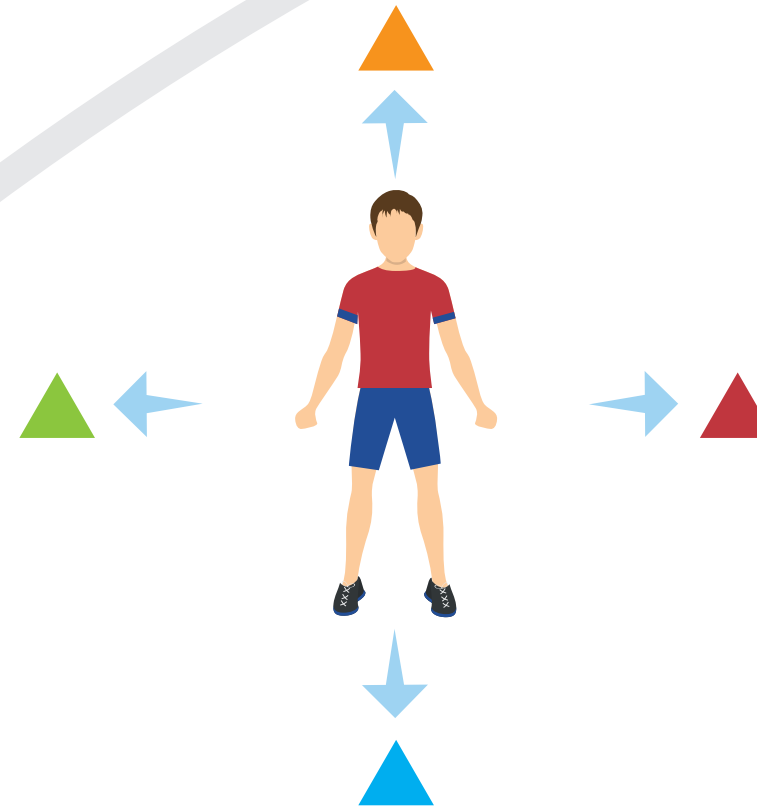
Slow down when approaching a cone so you can change direction quickly.

EVEN MORE CHALLENGING

Make the compass bigger.

Shout more than one point.

Challenge a family member to race you to the points.



HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

Cones or household items as an alternative.



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Battleships

HOW TO PLAY THE GAME?

- Aim to knock over the ships, if you are successful you are rewarded with a point.
- Alternatively, aim to knock over your partner's ships and whoever sinks all their opponent's ships first is the winner.
- If you do not have a ball suitable for kicking, then use a tennis ball or rolled up pair of socks to throw.
- If you do not have anyone to play against, count how many attempts it takes you to sink all the ships.

TOP TIPS

For more accuracy use the side of your foot.

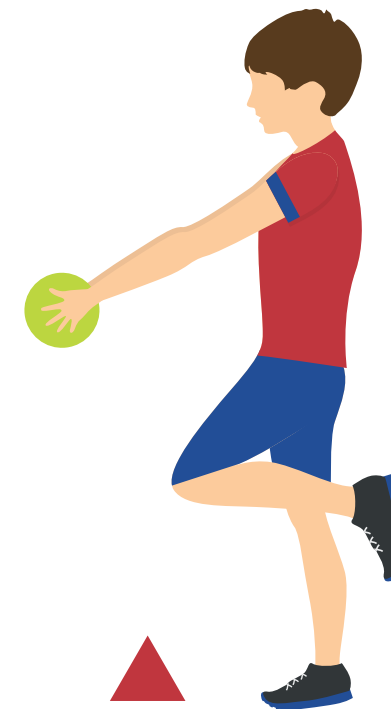
Keep your eye on the target.

EVEN MORE CHALLENGING

Nominate the ship you are aiming to sink before you shoot.

Move the cones further away from each other/from the starting point.

Change the layout of the ships.



HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

4 cones or items to be battleships.

A football or suitable ball for kicking, or tennis ball or rolled up socks.



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Dance Activities

HOW TO PLAY THE GAME?

- There are some great online resources to learn new dance skills!
- Active Fusion dinosaur dance KS1 lesson (20 minutes)
<https://www.youtube.com/watch?v=AnONxGehFLY>
- Go Noodle on YouTube
<https://www.youtube.com/watch?v=Imhi98dHa5w>
<https://www.youtube.com/watch?v=BQ9q4U2P3ig>
- You can also just put your favourite songs on and dance for fun.

HOW MANY PLAYERS?

1 or more players.

WHAT DO I NEED?

No equipment needed.



TOP TIPS

Keep practising so you can learn all the moves.

Keep your energy up from the start until the finish.

Don't forget to smile!

EVEN MORE CHALLENGING

Can you perform your dance to a family member?

Can you add in your own moves to the dances?

How much can you remember without looking at the video?



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