



Physical Activity

Welcome to Physical Activity Tuesday! Today, the Hampshire School Games Organisers have created a number of activities for you to choose to be active. Schools can choose to do one or more of the challenges throughout the day or you could also continue to do these all week.

Details of each activity can be found on the next page.

- 1. Dance**
- 2. Skipping**
- 3. Active Classrooms**
- 4. Daily Mile**
- 5. Capture the Flag**
- 6. Number Hoops**
- 7. Stamina Sculptures**

1. DANCE

Choose music to dance to for 15 minutes. There are several complications on YouTube that would work, students could either just dance to it or copy the moves (if you are showing on a screen).

KID BOPZ Beginners - https://www.youtube.com/watch?v=sHd2s_saYsQ

KID BOPZ Intermediate - https://www.youtube.com/watch?v=_uckp7qvzho

JUST DANCE Mixture - <https://www.youtube.com/watch?v=yQ4fTI4wbko>

Whole School Dance:

- Choose a 15-minute block during the school day i.e. registration time, end of lunch, end of the school day.
- All classes complete the dance at the same time, this could be in their classroom, on the school field/playground etc. Why not get the senior leadership team dancing with them via Zoom if in classrooms.

Class Dance:

- Each class does their dance as and when it suits the classroom teacher.
- Again, this could be completed as one 15 minute block during the school day, or you could do a 2 minute dance on the hour every hour to add a bit more excitement for the children.

2. SKIPPING

How many times can you jump over a rope? This could be part of a PE lesson, at break time or just before the end of the school day, it is completely up to you as the teacher to decide when it best fits into your day.

- Spend 10 minutes practising to skip before being timed to see how many skips you can do.
- When it comes to the timing of the challenge, get students into pairs, so one performs whilst their partner counts. Then they swap over.
- Every student should be timed twice to give them the opportunity to do their best.
- KS1 - how many skips in 30 seconds
- KS2 - How many skips in 60 seconds

3. BE ACTIVE IN THE CLASSROOM

We want to make the Physical Challenge as accessible as possible, if your day is already jam packed with learning, making it difficult to take time out for these challenges, then this one allows you to continue your day as planned but with an emphasis on being active.

Here are a few ideas to consider, however, we are sure you will be more creative than us so please feel free to use your own activities.

- No chairs allowed, can one of your tasks be completed with students being out of their chairs for 15 minutes.

- Class relay - embed student learning with a 15 minute relay. The students are put into small groups standing at the back of the class. on 'Go' they take it in turns to run to the front of the class to.....
 - Solve a math question
 - Add a sentence to a story
 - Link the historical figure to the correct historical event
 - Cluedo - Who stole the Olympic Flag
 - etc
- Use other tools/games to embed student learning i.e. GoNoodle, Four Corners (question with answers in 4 corners which students move to), Balloon Questions, Charades (small groups) etc

4. DAILY MILE

Students participate in a Daily Mile, 15 minutes of walking, skipping, running around a circuit on the school field or playgroup. Each class would be able to do this at different times throughout the day. Your circuit doesn't have to actually be a mile use the space you have available and then do as many circuits as you can in 15 minutes.

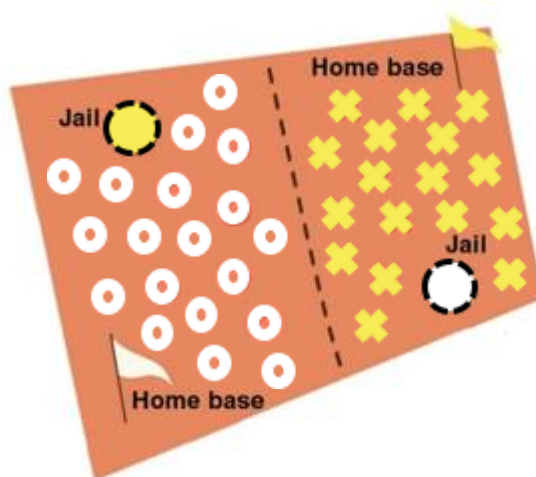
5. CAPTURE THE FLAG

On top of the normal play and lunch breaks, spend an additional 15 minutes outdoors as a class playing Capture the Flag.

This is an active, fun, problem solving activity for the students to participate in. The goal of the game is for each team to capture the other team's flag and take it back to their zone.

Set Up:

- 2 teams with bibs on (one white & yellow on the diagram)
- 2 Flags (i.e bibs, cardigan, cone)
- A playing area of your choice, with a halfway line (or coned line).
- One 'flag' in one corner and another flag in the opposite corner.
- 2 'jails' (hoops or cones) in the two empty corners.



Play:

- Teams start in their own half (safe zone)
- On 'Go' teams attempt to steal the opposition's flag. If the flag is stolen that player must make it back to their half, without being tagged, in order to win.
- If a student is tagged in the process of stealing the flag they must drop it on the floor before going to 'jail'.
- When a player is in the other teams half, they can be tagged. If they are tagged they must go to the jail in their opponents half.
- That student stays in jail until one of their teammates releases them by holding their hand/t shirt and escorting them back to their own half, when they can then start playing again.
- Encourage the teams to think about tactics (attackers and defenders). When a game is won, teams switch ends and play again (if there is time).

6. NUMBER HOOPS

Equipment required:

- **Hoops – one per team of 2-4 children**
- **Large selection of beanbags/cones/multilink**

This game can be played indoors (hall) or outdoors, where there is plenty of room plus more potential for obstacles and twists. In Number Hoops, children build teamwork and strategy skills along with maths skills as they work together to grab coloured beanbags/cones from a central location and bring them back to drop into their team's hula hoop. How they travel can be changed with each round.

The teacher assigns point values to each colour of bean bag/cone: five points for beanbags/cones that match the team's hula hoop colour, ten points for other colours, and one point for orange, for example.

If your children are working on fractions or negative numbers, you can incorporate those skills as well (e.g. green beanbags/cones are worth -10 points or each orange beanbag/cones divides the team's total points by two).

Add further twists to this game by allowing children to use a turn to grab a beanbag/cone from an opponent's hula hoop and drop it back into the main pile.

Alternatively, divide the beanbags/cones by colour and locate the piles in several different areas of the school grounds/hall so that children will have to run, climb or crawl to reach them!

7. STAMINA SCULPTURES

Equipment required:

- **Large collection of multilink**
- **Chalk**
- **Cones – for a track**

Ideally this game should be played on the playground but can be adapted to play indoors. Set up a large rectangular, oval or square 'track' using cones, with 2 red cones to show the entry gate and 2 green cones to show the exit gate.

Inside the track, each pair chalks their names on the playground – this is their 'home' base. On 'go', one child from each pair must leave through the green exit gate and travel around the outside of the track in an anti-clockwise direction (this will mimic the action required to running around an athletics track) until they get back to the red entry gate.

When they get through the red gate, they can get 4 multi-link cubes (or similar) from the central box and take them back to their 'home' base, where they tag their partner, who can then sprint off and do their run, skip, hop etc. around the track.

Children can choose to travel in different ways, fast and slow, around the track, collecting as many pieces of multi-link as they can in the time given, OR until the multi-link has run out.

At the end of the time or when the multi-link has all gone, the pair can create a sculpture for others to see/try and guess what it is. Maybe pairs can link with another pair to create something together? A bridge? Or a piece of sporting equipment, that everyone else must guess??

The options for this game are endless! It can build stamina, develop physical agility/literacy and work on fundamental movement skills.



**We're so glad that you've decided to get involved with
Hampshire School Games Week 2023.**

**If you want to share photos and updates to show us how much
fun you've had on Physical Activity Tuesday, add your own
comments to this padlet:**

[https://padlet.com/Energise Me/hampshire-school-games-week-2023-physical-activity-9igzgxyjygm4xtr5](https://padlet.com/Energise_Me/hampshire-school-games-week-2023-physical-activity-9igzgxyjygm4xtr5)