



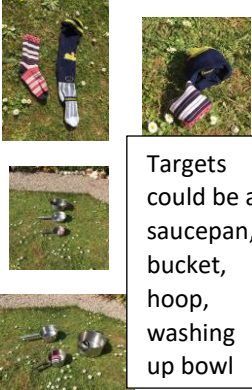
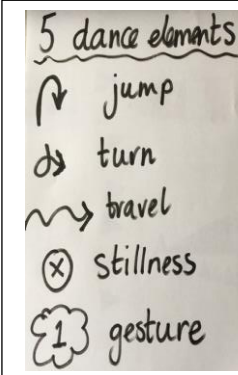
PE @ St  
Jos

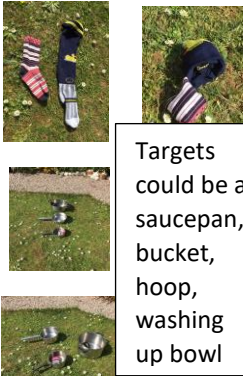




## Home Learning PE Summer Term Activities

Activities are set in year groups but if you want to try another year group - pleased do!

Year 1 Rowan	Year 2 Sycamore	Year 3 Cherry	Year 4 Willow	Year 5 Maple	Year 6 Beech
<b>Ball Skills</b> In your outside space Or when you go out for your daily exercise.  We used our hands with a ball last term - let's look at feet now!  Can you dribble the ball across your space with your foot then try the other, sometimes weaker foot.  Use objects, tins of food, loo rolls to set up a course to dribble the ball around  Can you kick the ball to a family member?	<b>Ball Skills</b> In your outside space Or when you go out for your daily exercise.  We used our hands with a ball last term - let's look at feet now!  Can you dribble the ball across your space with your foot then try the other, sometimes weaker foot.  For my football players - what fancy skills can you practice?  Use objects, tins of food, loo rolls to set up a course to	<b>Ball Skills</b> In your outside space Or when you go out for your daily exercise. We used our hands with a ball last term - let's look at feet now!  For my football players - what fancy skills can you practice?  Or try these ideas.  Use objects, cans loo rolls, shoes to make a sets of gates to dribble the ball through.  Try dribbling with your right then your left foot.	<b>Ball Skills</b> In your outside space Or when you go out for your daily exercise. We used our hands with a ball last term - let's look at feet now!  For my football players - what fancy skills can you practice?  Or try these ideas.  Use objects, cans loo rolls, shoes to make a sets of gates to dribble the ball through.  Use objects, cans loo rolls, shoes to make a sets of gates to dribble the ball through.	<b>Ball Skills</b> The last plans looked at using our hands - this time its foot skills!!  For my football players - what fancy skills can you practice?  Or try these ideas.  Use objects, cans loo rolls, shoes to make a sets of gates to dribble the ball through.  Try dribbling with your right then your left foot. Try dribbling through the gate then stopping the ball with your foot	<b>Ball Skills</b> The last plans looked at using our hands - this time its foot skills!!  For my football players - what fancy skills can you practice?  Or try these ideas.  Use objects, cans loo rolls, shoes to make a sets of gates to dribble the ball through.  Try dribbling with your right then your left foot. Try dribbling through the gate then stopping the ball with your foot before

<p>Can to stop the ball when it is kicked to you with your foot? Left or right foot,</p> <p>For my football players - what fancy skills can you practice?</p> <p><b>Gymnastics</b> How did you get on with - Sitting Room Gymnastic Performances? If you enjoyed them - here's the next challenge!</p> <p><b>CHALLENGE!</b> Can you make a sequence that has: 2 rolls 2 sports poses 2 shapes 4 travels Why not perform on a gymnastic performance for your family. They can</p>	<p>dribble the ball around</p> <p>Can you kick the ball to a family member?</p> <p>Can to stop the ball when it is kicked to you with your foot? Left or right foot.</p> <p><b>Gymnastics</b> How did you get on with - Sitting Room Gymnastic Performances? If you enjoyed them - here's the next challenge!</p> <div data-bbox="452 960 622 1101" data-label="Image"> <p>Footballer</p> </div> <div data-bbox="568 1112 761 1257" data-label="Image"> <p>Diver</p> </div> <div data-bbox="452 1264 629 1430" data-label="Image"> <p>Rower</p> </div> <div data-bbox="638 1264 781 1430" data-label="Image"> <p>Gymnast</p> </div>	<p>Try dribbling through the gate then stopping the ball with your foot before continuing to the next gate.</p> <p>How many gates can you dribble through in 30 seconds, 1 minute? Beat your record?</p> <p><b>Gymnastics</b> How did you get on with your 5 element sitting room gymnastic performance?? Carry on creating performances if you enjoy gymnastics?</p> <p><b>shapes</b> Straight Tuck Star Straddle Pike</p>	<p>Try dribbling with your right then your left foot.</p> <p>Try dribbling through the gate then stopping the ball with your foot before continuing to the next gate.</p> <p>How many gates can you dribble through in 30 seconds, 1 minute? Beat your record</p> <p><b>Dance</b> How did you get on creating a dance and recoding it with our symbols?  If you enjoy dance please carry on creating dances to</p>	<p>before continuing to the next gate.</p> <p>Dribble the ball through one gate then pass the ball through the next gate, running to stop it the other side the gate. It's all about the timing!</p> <p>How many gates can you dribble through in 30 seconds, 1 minute? Beat your record?</p> <p>Try the dribbling gates with your weaker foot.</p> <p><b>Gymnastics</b> How did you get on with your 8 element gym performance?? Continue making gym routines if you enjoy them.</p>	<p>continuing to the next gate.</p> <p>Dribble the ball through one gate then pass the ball through the next gate, running to stop it the other side the gate. It's all about the timing!</p> <p>How many gates can you dribble through in 30 seconds, 1 minute? Beat your record?</p> <p>Try the dribbling gates with your weaker foot.</p> <p><b>Gymnastics</b> How did you get on with your 10 element gym performance?? Continue making gym routines if you enjoy them.</p>
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<p>watch and give you a star and wish review. Or perform to your family not in your home over Zoom or Skype</p> <p>Remember to extend your body and point those toes! Make the movements between a roll/travel/balance smooth.</p> <p><b>Athletics Throwing</b></p> <p>Set up some targets to throw into and through. I don't expect you to have a bean bag - try a rolled up sock!</p> <div data-bbox="112 1045 414 1460">  <p>Targets could be a saucepan, bucket, hoop, washing up bowl</p> </div>	<p><b>CHALLENGE!</b></p> <p>Can you make a sequence that has:</p> <ul style="list-style-type: none"> <li>2 different rolls</li> <li>2 different sports poses</li> <li>2 different shapes</li> <li>4 different travels</li> </ul> <p>Why not perform on a gymnastic performance for your family. They can watch and give you a star and wish review.</p> <p>Or perform to your family not in your home over Zoom or Skype</p> <p>Remember to extend your body and point those toes! Make the movements between a roll/travel/balance smooth.</p>	<p><b>Rolls:</b></p> <p>Egg &amp; Exploding Rock&amp; Roll to standing, Pencil, Teddy Bear Forward Roll</p> <p><b>travels:</b></p> <p>Elephant Frog Bunny Caterpillar Giraffe Monkey Side steps Hop Scotch Sumo Your ideas? Perform to your family. Ask them to give 2 stars and a 1 wish response to your performance.</p> <p><b>Athletics Throwing</b></p> <p>Can you practice under arm and overarm throwing??</p>	<p>different pieces of music. Remember to use different levels to create a richness to your movements.</p> <p>Perform your dance for your family and ask them to give you a star and wish review</p> <p>Record your dance with the dance symbols we have learnt.</p> <div data-bbox="1160 992 1417 1377">  </div>	<p><b>Shapes:</b> Straight, Tuck, Star, Straddle, Pike</p> <p><b>Rolls:</b></p> <p>Egg &amp; Exploding Rock&amp; Roll to standing, Pencil Teddy Bear Forward Roll</p> <p><b>Travels:</b></p> <p>Elephant, Frog Bunny, Caterpillar Giraffe, Monkey Side steps Hop Scotch, Sumo Your ideas?</p> <p>Keep working on extension and tension!!!!</p> <p><b>Athletics Throwing</b></p> <p>Can you practice under arm and overarm throwing??</p> <p>I don't expect you to have a turbo javelins or shot</p>	<p><b>Shapes:</b> Straight, Tuck, Star, Straddle, Pike</p> <p><b>Rolls:</b></p> <p>Egg &amp; Exploding Rock&amp; Roll to standing, Pencil Teddy Bear Forward Roll</p> <p><b>Travels:</b></p> <p>Elephant, Frog Bunny, Caterpillar Giraffe, Monkey Side steps Hop Scotch, Sumo Your ideas?</p> <p>Keep working on extension and tension!!!!</p> <p><b>Athletics Throwing</b></p> <p>Can you practice under arm and overarm throwing??</p> <p>I don't expect you to have a turbo javelins or shot puts - try a rolled up sock!</p>
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<p><b>Running</b> If you have space at home or when out on your daily exercise. Try running slowly on a course, then fast. Try running with wide steps. Try running with tiny steps.</p> <p><b>Jumping</b> Remember to bend your knees in all jumps on your landings!! Make a line to jump over, use socks, stick or whatever you have. Practice the following jumps:</p> <p>2 feet to 2 feet 1 foot to 2 feet 2 feet to 1 foot 1 foot to 1 foot</p>	<p><b>Athletics Throwing</b> Set up some targets to throw into and through. I don't expect you to have a bean bag - try a rolled up sock!</p> <div data-bbox="456 483 761 885">  <p>Targets could be a saucepan, bucket, hoop, washing up bowl</p> </div> <p><b>Running</b> If you have space at home or when out on your daily exercise. Try running slowly on a course, then fast. Try running with wide steps. Try running with tiny steps.</p> <p><b>Jumping</b> Remember to bend your knees in all</p>	<p>I don't expect you to have a bean bag - try a rolled up sock!</p> <div data-bbox="806 233 1111 654">  <p>Targets could be a saucepan, bucket, hoop, washing up bowl</p> </div> <p>Your non throwing arm should point in the direction of your target. Look towards the target and throw.</p> <p><b>CHALLENGE</b> Make the target further away from you if you can and you have the space.</p> <p><b>Running</b> Can you run slowly? Can you run fast, sprint?</p>	<p><b>Athletics Throwing</b> Can you practice under arm and overarm throwing??</p> <p>I don't expect you to have a turbo javelins or shot puts - try a rolled up sock!</p> <div data-bbox="1155 663 1406 833">  </div> <p><b>CHALLENGE</b> Create a target and challenge yourself from different distances to aim for the target.</p> <p>Targets can anything, we need to be creative. Try saucepans, buckets, hoops, washing up bowl, a ring of socks or a skipping rope.</p>	<p>puts - try a rolled up sock!</p> <div data-bbox="1456 217 1706 386">  </div> <p><b>CHALLENGE</b> Create a target and challenge yourself from different distances to aim for the target.</p> <p>Targets can anything, we need to be creative. Try saucepans, buckets, hoops, washing up bowl, a ring of socks or a skipping rope.</p> <p><b>Running</b> Have a look at Cherry Class's running challenge and see if you can beat your own</p>	<div data-bbox="1780 127 2031 296">  </div> <p><b>CHALLENGE</b> Create a target and challenge yourself from different distances to aim for the target.</p> <p>Targets can anything, we need to be creative. Try saucepans, buckets, hoops, washing up bowl, a ring of socks or a skipping rope.</p> <p><b>Running</b> Have a look at Cherry Class's running challenge and see if you can beat your own times on the activities.</p>
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2 feet to 2 feet



1 foot to 1 foot



1 foot to 2 feet

### CHALLENGE

Can you make a circuit in your outdoor space and try all the jumps. How many times can you do the circuit in 30 seconds? 1 minute?

We play Dartmoor 3 ball in the summer. I have attached the

jumps on your landings!!  
Make a line to jump over, use socks, stick or whatever you have.  
Practice the following jumps:

2 feet to 2 feet  
1 foot to 2 feet  
2 feet to 1 foot  
1 foot to 1 foot



2 feet to 2 feet



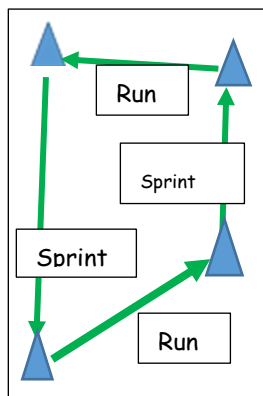
1 foot to 1 foot



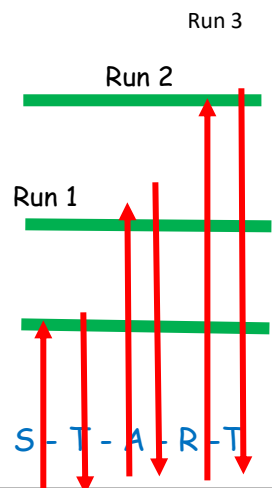
1 foot to 2 feet

### CHALLENGE

Set up a circuit and run and sprint between points of the circuit.  
How many circuits can you do in 30 seconds?



### Ladder Shuttle Runs



washing up bowl, a ring of socks or a skipping rope.

### Running

Have a look at Cherry Class's running challenge and see if you can beat your own times on the activities.

### Jumping

Practice a standing long jump.

### CHALLENGE

Try one jump then see if you can beat the distance you jumped.  
Make a start line. Use your arms to swing through the jump. Remember to have soft bent knee

times on the activities.

### Jumping

Practice a standing long jump.

### CHALLENGE

Try one jump then see if you can beat the distance you jumped.  
Make a start line. Use your arms to swing through the jump. Remember to have soft bent knees


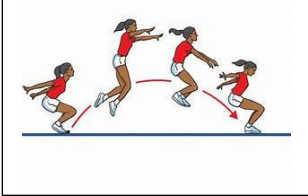


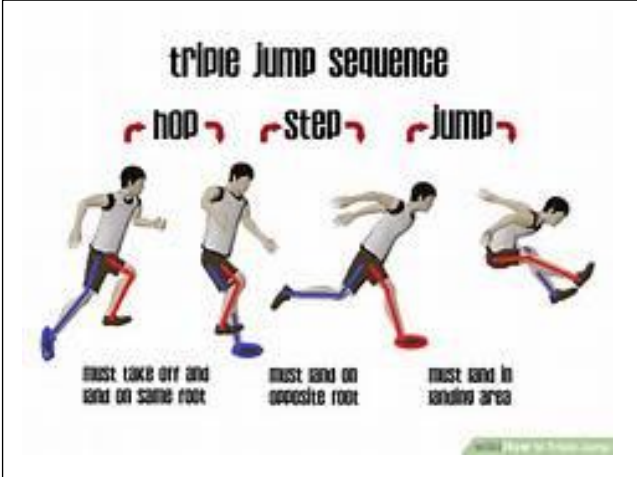
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Try one jump then see if you can beat the distance you jumped.  
Make a start line. Use your arms to swing through the jump. Remember to have soft bent knees



<p>information but I love the children to make up their own striking and fielding games.</p> <p><b>CHALLENGE</b> What can you invent? You need a batter, a fielder and a circuit to score points. Give your game a name too!</p>	<p><b>CHALLENGE</b> Can you make a circuit in your outdoor space and try all the jumps. How many times can you do the circuit in 30 seconds? 1 minute? Can you make sure the circuit has all the different jumps in it.</p> <p>We play Dartmoor 3 ball in the summer. I have attached the information but I love the children to make up their own striking and fielding games.</p> <p><b>CHALLENGE</b> What can you invent? You need a batter, a fielder and a circuit to score points. Give your game a name too!</p>	<p><b>CHALLENGE</b> Can you complete one round of the Shuttle Ladder run? Can you time yourself and then see if you can bet the time the next time??</p> <p><b>Jumping</b> Standing Long Jump</p>   <p><b>CHALLENGE</b> Can you mark out a start line and with two feet together jump as far as you can, landing on your feet?</p>	  <p><b>DARTMOOR 3 BALL AND CRICKET</b></p> <p><b>CHALLENGE</b> Can you create your own Striking and Fielding games in your space?</p> <p>You may not have tennis rackets, cricket bats or rounders bats but</p>	<p>Hop, Step Jump This is a tricky jump to master but with practice you will be able to do it.</p>  <p><b>DARTMOOR 3 BALL, ROUNDERS AND CRICKET</b></p> <p><b>CHALLENGE</b> Can you create your own Striking and Fielding games in your space?</p> <p>You may not have tennis rackets, cricket bats or</p>	<p>Hop, Step Jump This is a tricky jump to master but with practice you will be able to do it.</p> <p><b>DARTMOOR 3 BALL, ROUNDERS AND CRICKET</b></p> <p><b>CHALLENGE</b> Can you create your own Striking and Fielding games in your space?</p> <p>You may not have tennis rackets, cricket bats or</p>
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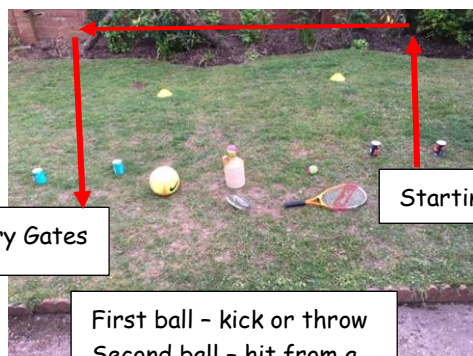
## DARTMOOR 3 BALL RULES

This is an example of a game – unless you have a family of 10 and own half a field I suggest you create a game to fit your space.  
Teams

- There will be 8 players per team with a minimum of 3 girls per team
- Players must complete a full innings and can only be substituted in the case of injury or illness (Use the number you have in your home)

### Pitch

- The pitch is set up as the diagram below



Glory Gates

Starting Gates

First ball - kick or throw  
Second ball - hit from a low tee  
Third ball - either bowled to batter or hit from a bounce or high

Direction to run

Can you measure the distance you jump and try to beat it?

Use your arms to swing through the jump. Remember to have soft bent knees.

## DARTMOOR 3 BALL AND CRICKET

### CHALLENGE

Can you create your own Striking and Fielding games in your space?  
You may not have tennis rackets, cricket bats or rounders bats but be imaginative and creative. A piece of wood, a small frying pan or saucepan lid.

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Dartmoor 3 Ball instructions are attached for you to remember the game and get some ideas.

Can you write the rules for your game?

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Can you write the rules for your game?  
Can you include the rules for the batting side and the fielding side?

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Dartmoor 3 Ball instructions are attached for you to remember the game and get some ideas.

Can you write the rules for your game?  
Can you include the rules for the batting side and fielding side?

I look forward to us trying the striking and fielding games you create.

## THE ULTIMATE CHALLENGE:

I expect you have all been enjoying Joe's PE in the mornings and I wondered if you could design a 3 - 5 minute work out for me to do in the mornings - just write your work out down and get your adult to email it to [admin@stjo.uk](mailto:admin@stjo.uk). I may be able to challenge the other staff at St. Jo's to do it too!!

### Batting Side

- The batting side splits into two teams of 4 batsmen. One of these “teams” is the first team “in” whilst the other team “rests” .Batting teams alternate in these two roles. Each batsman will have one turn to bat in a single innings. The resting team of batsmen waits in between the waiting gates.
- Each batsman has 3 hits per turn. The first hit is thrown, the second taken off the low tee and the third from the high tee.
- The other 3 “in” batsmen wait at the starting gates until the third ball is played.
- As soon as the third ball is struck, all the “in” batsmen run around the pitch aiming to go completely through the “Glory Gates” before the fielders get all three balls into the “bucket”. (A hoop could be used)
- No one is ever out, they simply do not score.
- Batsmen take it in turns to bat.
- Any ball hit/thrown backwards is considered as a dead ball. If a batsman misses a ball off a tee then they continue to try and play the ball until they make contact with it (or the tee).
- The bat must be laid on the floor after the third ball is hit.

### Fielding Side

All fielders field during the innings

- The fielding team position themselves at the start of each batsmans turn, and then must remain at this position and stationary until the batsman plays the third ball. The fielders must then retrieve all three balls and put them into the bucket. Balls are only counted when they remain in the bucket. One fielder is nominated as a “bucketman” (backstop/wicket keeper). When the fielding team have put all 3 balls in the bucket the “bucketman” raises the bucket and shouts “3ball”. The bucket must always remain behind the batting line.
- Fielders must not impede any of the runners.
- Fielders can catch the third ball only, which, if caught is considered “dead” and does not have to be placed in the bucket.
- Fielders must allow the first 2 balls to pass them by and must not deliberately interfere, stop or obstruct them.

### Scoring

- One point is scored for each batsman who completely passes through the “Glory Gates before the bucket is lifted.