

PE ideas for home:

Target games:

- Throwing balls into a tub, you can add in a points system with tubs at different distances or of different sizes. (You can use rolled up socks as balls and anything as a target).
- Have a larger, light ball in the middle of a room. From either side throw smaller balls at it to make it move, first person to get the ball to the other side wins.
- Boccia: 2 players, one player has one colour of balls (or rolled up socks) the other player has a different colour. Place a white ball (a jack) on the floor and take turns at trying to land your ball beside it. Player who lands there ball closest to the white wins.
- Skittles: Use old plastic bottles with a little rice in the bottom to weigh them down as skittles. Take turns at rolling the ball to knock the skittles down.

Ball Games:

- Throwing and catching with a partner.
- Sitting and rolling a ball back and forth with a partner (this can be down, sitting, lying down, kneeling, along a table top etc).
- Anything with balloons (Throwing, catching, keepy upy, Kicking etc).

Dance:

- Musical statues.
- Simon says
- Making a dance routine (Choose 4 dance moves for example clapping hands, stamping feet, shaking head, spin around. Do each move for 4 beats. Repeat).
- Dancing with scarfs, throwing them up in the air, twirling etc.

Fitness:

- Copying games. (Choose and fitness movement for example sit ups , star jumps, jog on the spot, touch toes. You do the movement and get your child to copy you.
- Fitness by dice. Choose a handful of exercises/ movements that your child can do. Roll a dice and the number on the dice is the number of times they do the exercise.
- Pack of cards fitness. Same as above but with a pack of cards.