

MONDAY 18<sup>TH</sup> JANUARY – KEY STAGE 2



Primary  
influence  
UK

## KRISS KROSS

WHATS REQUIRED:

FOUR T SHIRTS EACH ROLLED INTO A LONG SAUSAGE SHAPE.

HOW TO PLAY:



PLACE YOUR ROLLED UP T SHIRTS ON THE FLOOR IN THE SHAPE OF A CROSS. START BY JUMPING FORWARDS AND BACKWARDS OVER ONE SIDE OF THE CROSS. HOW MANY TIMES CAN YOU DO IT IN ONE MINUTE? NEXT, JUMP OVER EACH SIDE OF THE CROSS IN A CLOCKWISE ROTATION – FIRST FORWARDS, THEN TO YOUR RIGHT, THEN BACKWARDS, THEN TO YOUR LEFT.

PROGRESS:

TO ADVANCE TRY BEATING THE NUMBER OF JUMPS YOU CAN PERFORM IN ONE MINUTE, OR TRY ANTI-CLOCKWISE OR ONE LEG!

TUESDAY 19<sup>TH</sup> JANUARY – KEY STAGE 2



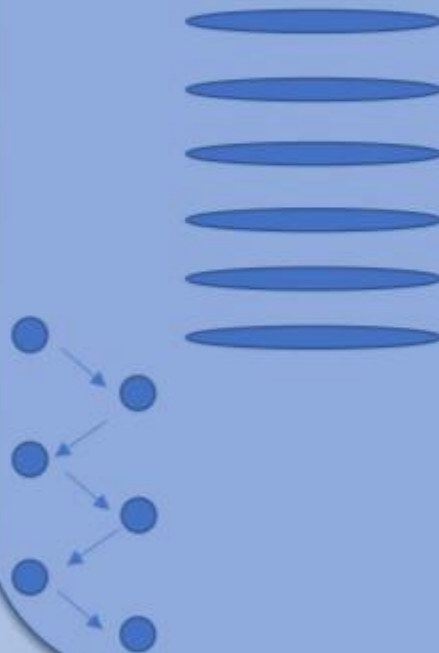
Primary  
influence  
UK

## SNAKES AND LADDERS

### WHAT'S REQUIRED:

6 CANS/WATER BOTTLES  
6 ROLLED UP TSHIRTS OR TOWELS

### HOW TO PLAY:



PLACE THE CANS / WATER BOTTLES ON THE FLOOR IN A ZIG ZAG PATTERN TO REPRESENT YOUR 'SNAKE' . SEPARATELY LAY YOUR TSHIRTS ALONG THE FLOOR IN LINES TO CREATE A LADDER. USE YOUR SNAKES AND LADDERS TO TRAVEL THROUGH USING DIFFERENT TYPES OF MOVEMENT. SIDE STEP AROUND YOUR SNAKE, JUMP OVER YOUR LADDER WITH TWO FEET, SKIP AROUND THE SNAKE OR USE HIGH KNEES TO TRAVEL OVER YOUR LADDER!

HOW MANY TYPES OF MOVEMENT CAN YOU USE? TIME YOURSELF – HOW FAST CAN YOU COMPLETE THE CIRCUIT?

WEDNESDAY 20<sup>TH</sup> JANUARY – KEY STAGE 2



Primary  
influence  
UK

## ROLL CHALLENGE

WHATS REQUIRED:

AN EXERCISE MAT IF YOU HAVE ONE AT HOME OTHERWISE A BEACH TOWEL YOU CAN LAY OUT ON THE FLOOR

HOW TO PLAY:

CAN YOU CHOREOGRAPH A SEQUENCE OF DIFFERENT ROLLS – YOU COULD TRY INCLUDING A FORWARDS ROLL, BACKWARDS ROLL, TEDDY BEAR ROLL, PENCIL ROLL, EGG ROLL.



SAFETY NOTE: DON'T ATTEMPT ANY NEW ROLLS WITHOUT BEING GUIDED THROUGH FIRST BY AN ADULT.

PROGRESS:

CAN YOU TEACH YOUR SEQUENCE TO A PARTNER?

THURSDAY 21<sup>ST</sup> JANUARY – KEY STAGE 2



Primary  
influence  
UK

## TARGET BINGO

### WHAT'S REQUIRED:

A BUCKET/BASKET  
6 OBJECTS TO THROW (BALL / SOCKS)  
A DICE

### HOW TO PLAY:



EACH NUMBER ON THE DICE REPRESENTS AN INSTRUCTION OF HOW TO THROW:

- 1 = THROW UNDERARM
- 2 = THROW WITH YOUR WEAKER HAND
- 3 = THROW STANDING ON ONE FOOT
- 4 = THROW OVER YOUR SHOULDER
- 5 = THROW TWO BALLS AT A TIME
- 6 = THROW OVERARM

ROLL THE DICE AND THEN THROW ALL 6 BALLS IN THE THROWING STYLE INDICATED. HOW MANY DID YOU GET IN THE TARGET?

### PROGRESS:

MOVE THE TARGET FURTHER AWAY

FRIDAY 22<sup>ND</sup> JANUARY – KEY STAGE 2



Primary  
influence  
UK

## REACT TO NUMBERS

### WHATS REQUIRED:

AN ADULT TO SHOUT NUMBERS  
THE NUMBERS 1 – 6 WRITTEN ON  
SEPARATE PIECES OF PAPER

### HOW TO PLAY:



SPACE OUT YOUR NUMBERED PIECES OF  
PAPER ON THE FLOOR AND STAND IN THE  
MIDDLE.

ASK AN ADULT TO SHOUT OUT A  
NUMBER FROM 1 – 6 AND TEST YOUR  
REACTION TIME TO SEE HOW QUICKLY  
YOU CAN TOUCH IT!

HAVE THEM SHOUT OUT THE NUMBERS IN  
QUICK SUCCESSION TO IMPROVE YOUR  
AGILITY.

### PROGRESS:

ASK AN ADULT TO SHOUT OUT SIMPLE  
MATHS EQUATIONS THAT RESULT IN THE  
NUMBERS 1 – 6. EG.  $4 + 1 = 5$  OR  $36 / 6 = 6$   
– TOUCH THE CORRECT ANSWER.