

MONDAY 25TH JANUARY – KEY STAGE 2



Primary
influence
UK

PERSONAL BEST CHALLENGE

WHATS REQUIRED:

A TIMER

HOW TO PLAY:



PICK AN ACTIVITY YOU CAN COMPLETE FOR 5 DAYS IN A ROW. IT COULD BE TO CYCLE, SCOOT OR RUN TO YOUR LOCAL PARK OR ROUND THE BLOCK; SKIP WITH A SKIPPING ROPE FOR 1 MINUTE; KEEP A BALL UP IN THE AIR, JUMP SIDE TO SIDE OVER A SMALL OBJECT (SPEED BOUNCE) FOR 30 SECONDS. KEEP A RECORD OF YOUR PERFORMANCE OVER THE 5 DAYS IN AN ATTEMPT TO BEAT YOUR PERSONAL BEST!

EXTENSION:

CREATE A BAR GRAPH TO ILLUSTRATE YOUR SCORES

TUESDAY 26TH JANUARY – KEY STAGE 2



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influence
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HUMAN BODY SWIPE

WHATS REQUIRED:

THREE PLAYERS
A BALL OR OBJECT TO SWIPE

HOW TO PLAY:



STAND OPPOSITE YOUR OPPONENT AND PLACE THE BALL / OBJECT ON THE FLOOR BETWEEN YOU. HAVE THE THIRD PLAYER CALL OUT DIFFERENT BODY PARTS, FOR EXAMPLE: HEAD, SHOULDERS, KNEES, TOES, TUMMY, EARS, NOSE ETC FOLLOW THE INSTRUCTIONS TOUCHING EACH BODY PART BUT LISTEN OUT FOR THE WORD 'SWIPE'! WHEN YOU HEAR IT YOU MUST GRAB THE OBJECT BETWEEN YOU BEFORE YOUR PARTNER! WHOEVER HAS THE QUICKEST REACTIONS WINS.

PROGRESS:

HAVE THE CALLER ALSO CALL OUT INSTRUCTIONS SUCH AS HOP, STAR JUMP, TOUCH THE GROUND, SWAP PLACES.

WEDNESDAY 27TH JANUARY – KEY STAGE 2



Primary
influence
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TWO CAN DANCE

WHATS REQUIRED:

MUSIC
TWO + PEOPLE

HOW TO PLAY:

CAN YOU CHOREOGRAPH A DANCE ROUTINE TO YOUR FAVOURITE SONG AND TEACH IT TO A FAMILY MEMBER OR FRIEND (VIA ZOOM)?



TRY TO INCLUDE DIFFERENT ACTIONS AND MOVEMENTS.

TRY TO LINK THE CHOREOGRAPHY WITH THE BEAT OF THE MUSIC.

TAKE INSPIRATION FROM YOUR OWN LIFE AND CULTURE AROUND YOU.

THURSDAY 28TH JANUARY – KEY STAGE 2



Primary
influence
UK

BEAT THE DECK

WHATS REQUIRED:

A PACK OF CARDS

HOW TO PLAY:

SPLIT THE PICTURE CARDS (JACK, QUEEN, KING) FROM THE NUMBER CARDS (A – 10).

KING = STAR JUMPS

QUEEN = SPEED BOUNCE

JACK = SHUTTLE RUN

ACE - 10 = HOW MANY REPITITIONS.

SPREAD THE TWO PILES OF CARDS FACE DOWN AT EITHER SIDE OF THE ROOM.

GO TO THE NUMBERS PILE AND PICK A CARD AND THEN RUN TO THE PICTURE PILE AND PICK A CARD. PERFORM THAT EXERCISE FOR THE NUMBER OF REPITITIONS CHOSEN. FOR EXAMPLE: 3 OF HEARTS + KING OF SPADES = 3 x STAR JUMPS



PROGRESS:

DOUBLE YOUR REPITITIONS!

FRIDAY 29TH JANUARY – KEY STAGE 2



Primary
influence
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MATHS REACTOR

WHATS REQUIRED:

NUMBERS 1 – 9 WRITTEN ON SEPARATE
PIECES OF PAPER
AN ADULT

HOW TO PLAY:

1 2 3
4 5 6
7 8 9
0

BLUE TAC YOUR NUMBERS TO THE
WALL AND STAND FACING THEM. ASK
AN ADULT TO CALL OUT RANDOM
NUMBERS IN QUICK SUCCESSION AND
TOUCH THEM AS FAST AS YOU CAN!
ONCE YOU'VE MASTERED THE WARM
UP, HAVE AN ADULT ASK SIMPLE
EQUATIONS WITH ANSWERS FROM 1 –
10 AND TOUCH YOUR ANSWER!
FOR EXAMPLE: $3 \times 3 = 9$ OR $50 \div 10 = 5$

PROGRESS:

START WITH YOUR BACK TO THE WALL,
SPREAD THE NUMBERS FURTHER OUT!