

MONDAY 1st FEBRUARY – KEY STAGE 2



Primary
influence
UK

HAND TENNIS

WHATS REQUIRED:

A BALL OR PAIR OF ROLLED UP SOCKS
HOUSEHOLD ITEMS YOU CAN LINE UP TO CREATE A LOW-LEVEL NET

HOW TO PLAY:



USING YOUR HAND CAN YOU HIT THE BALL / SOCKS OVER THE NET WITHOUT LETTING IT BOUNCE?

COMPLETE THE FOLLOWING CHALLENGES:

10 x FORE HAND
10 x BACK HAND

PROGRESS:

SET UP TARGET ZONES WORTH DIFFERENT POINTS USING VARYING SIZED PIECES OF PAPER AND KEEP SCORE.
PLAY A RALLY WITH A PARTNER!

TUESDAY 2nd FEBRUARY- KEY STAGE 2



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MAGIC MILE

WHATS REQUIRED: AN ADULT TO ACCOMPANY YOU
BIKE / SCOOTER OPTIONAL

HOW TO PLAY: PLAN A ROUTE AND SET OFF TO
COMPLETE YOUR MAGIC MILE.

YOU COULD WALK, RUN, SKIP, CYCLE
OR SCOOT – ITS UP TO YOU!

PROGRESS: TIME YOURSELF AND SEE IF YOU CAN
BEAT YOUR TIME OR EXTEND YOUR
ROUTE.



WEDNESDAY 3rd FEBRUARY – KEY STAGE 2



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DODGE IT!

WHATS REQUIRED:

TWO + PLAYERS
10 ROLLED UP SOCKS
10 OBJECTS (TOYS, LEGO ETC)

HOW TO PLAY:



PLACE YOUR OBJECTS AT ONE SIDE OF THE ROOM AND START AT THE OTHER. RUN OUT AND GRAB AN OBJECT AND BRING IT BACK TO THE STARTING POSITION BUT BEWARE OF THE SOCKS BEING THROWN AT YOU! IF ONE HITS YOU, PUT THE OBJECT BACK AND GO BACK TO THE START! CAN YOU RETRIEVE ALL 10 OBJECTS WITHOUT BEING HIT?

SAFETY NOTE:

PLAYER 2 REMEMBER TO ONLY AIM BELOW THE KNEE!

THURSDAY 4th FEBRUARY- KEY STAGE 2



Primary
influence
UK

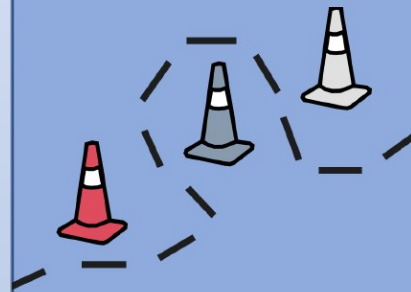
AGILITY ABILITY

WHATS REQUIRED:

A NUMBER OF HOUSEHOLD OBJECTS TO CREATE YOUR OWN AGILITY EXERCISES

HOW TO PLAY:

SIT DOWN AND DRAW A PLAN OF YOUR AGILITY COURSE. INCLUDE OPPORTUNITIES TO CHANGE DIRECTION, ACCELERATE AND DECELERATE; IMPROVE BALANCE; CONTROL YOUR BODY AND DEVELOP YOUR COORDINATION. YOU COULD USE WATER BOTTLES IN A ZIG ZAG FORMATION, CANS OF FOOD AS HURDLES, SOCKS IN A LINE TO BALANCE ON OR BLANKETS TO TRAVEL UNDER. ONCE YOU HAVE PERFECTED YOUR PLAN, SET IT UP AND COMPLETE THE COURSE!



PROGRESS:

CAN YOU COMPLETE THE COURSE IN 60 SECONDS?

FRIDAY 5th FEBRUARY – KEY STAGE 2



Primary
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FEEL GOOD FRIDAY

WHATS REQUIRED:

MUSIC

HOW TO PLAY:

GET THE FEEL GOOD VIBES GOING!
PUT ON YOUR FAVOURITE MUSIC –
TURN IT UP AND GET MOVING!



DANCING IMPROVES YOUR PHYSICAL
AND MENTAL HEALTH AND BOOSTS
EMOTIONAL AND SOCIAL WELLBEING;
IN FACT, MOVING YOUR BODY TO THE
SOUND OF MUSIC CAN TRANSFORM
YOUR LIFE!

PROGRESS:

DO YOU KNOW THE MOVES TO ANY OF
THESE SONGS?
MACARENA, CHA CHA SLIDE, ELECTRIC
SLIDE, YMCA.
CAN YOU MAKE UP YOUR OWN
ROUTINE?