



WHFCS KS1 PE

Ball Skills



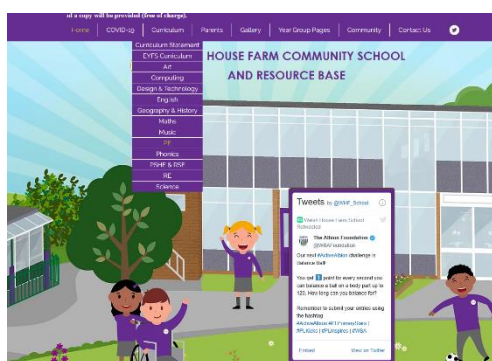
Online challenges

We have many online PE activities available such as workout videos, PE booklets and Gymnastic videos by Positive PE, below is a guide of how to access these.



Website -

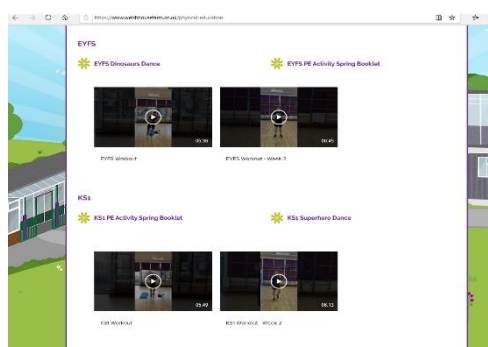
<https://www.welshhousefarm.co.uk/>



Along the top tab, you would need to click on the curriculum tab. Once on this tab you need to scroll down to PE.



On the PE tab if you scroll down you will see all the videos and booklets to access from 2021 and 2020 to keep you active at home.



You can challenge yourself with the videos and let Mr Jones know how you get on.



Warm up -

Reaction game-

Place a small object (spoon) in the middle of two markers (cushions) that are an even distance apart. Parent / guardian calls out commands for children to touch a body part. Multiple body parts are said before the command SPOON. When spoon is shouted both people playing the game will try to grab the spoon. Fastest wins.

Do not drop the ball –

Using your hand I am going to challenge you to keep the ball up, you must not let the ball drop

Bronze- 5+ times

Silver- 10+ times

Gold - 20+ times

Target -

I would like you to set up three targets , one of your family member will throw the ball towards you and using your hand or racket I would like you to aim to hit the ball towards the target . The target could be a bin, a basket or a marked out area.



Ball games

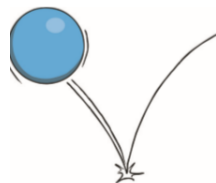
1. Throw the ball up in the air, let it bounce once then catch it. Try to complete this 7 times. If you do not have a ball at home, you could use a pair of socks, instead of dropping the socks you could see how many times you can throw and catch.



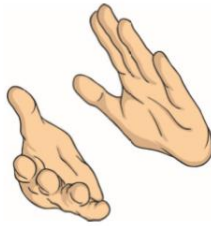
2. Throw the ball up in the air without it bouncing and see if you can maintain your balance, see how many catches you could complete without dropping it. Then see if you could beat your score.



3. Bounce the ball on the ground five times and catch it, see if you can maintain a good balance standing on one foot.



4. Throw the ball up in the air and clap once and catch it. Try to see how many times you can do this without the ball dropping.



5. Throw the ball under one leg and then up in the air and catch it, try to do this without dropping it. See how long it takes you to complete this 3 times. Then see if you can beat your record without dropping the ball.



6. Throw the ball up in the air, do a 360 turn and let the ball bounce and then catch it. See if you can do this whilst keeping the ball under control.



7. Throw the ball up in the air, do a 360 turn and do not let the ball bounce. See if you can do this whilst keeping the ball under control.



Home learning links

During home learning, I have attached some activities that you can do at home to keep you active. I would like you to try your best and stay active!

Get Kids moving -

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ>

Cosmic kids Yoga -

<https://www.youtube.com/user/CosmicKidsYoga> Disney

Dance along -

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Change for life -

<https://www.nhs.uk/change4life/activities> Wake up

shake up –

https://www.youtube.com/watch?v=x_9L5_A6Ww4

Go noodle – <https://www.gonoodle.com/>

Footy pups -

<https://www.youtube.com/channel/UCPEU0->

[Q1XvF4khh6aC2JSmA/featured](https://www.youtube.com/channel/UCPEU0-Q1XvF4khh6aC2JSmA/featured)

Just dance Kids –

https://www.youtube.com/results?search_query=just+dance+kids

Boogie beebies – <https://www.bbc.co.uk/programmes/p01z05js>

