SPRING TERM HOME PE

YEAR 2

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| Battleships *Sending and aiming skills* |
| Equipment: 6 objects to throw at, 2 balls/bean bags or rolled up socks to throw |
| How to play: [Giant 30-inch Battleship Playset: Amazon.co.uk: Toys & Games](https://www.google.co.uk/url?sa=i&url=https://www.amazon.co.uk/Motormax-MOBNJ-30-inch-Battleship-Playset/dp/B001KXML0I&psig=AOvVaw3t4O4dujhz07k32jf_xuzz&ust=1609938862343000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLiL0uLvhO4CFQAAAAAdAAAAABAE)    With a partner, each player places three targets (battleships) in front of them.  •Players take turns to throw an object towards their opponent’s battleships.  •Each time a battleship is hit, it is removed.  •Players are not allowed to stop the object from hitting a battleship.  •The winner is the first player to hit all of their partner’s battleships |
| Challenges:   * Play the game again, but this time can you stand further away from your partner’s battleships. * Turn around and find a way of throwing the socks backwards. * Can you add in more battleships so you have 5 targets to hit?   **STEP**  Space - make the battleships bigger or smaller .  Task – add in more battleships or take them away.  Equipment – use different size balls to hit the battleships  People –Partner can act a goalkeeper to stop the ball/sock etc  Video: <https://www.youtube.com/watch?v=ltZDzlEeP_4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=4&t=0s> |

SPRING TERM HOME PE

YEAR 2

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| Cross the River *Agility, balance skills and problem solving* |
| Equipment: indoor space, cushions/towels (any flat object) |
| [ᐈ Clip art stepping stones stock cliparts, Royalty Free stepping stones  illustrations | download on Depositphotos®](https://www.google.co.uk/url?sa=i&url=https://depositphotos.com/vector-images/stepping-stones.html&psig=AOvVaw0120IdCdH9KDyB9Qd2z4Di&ust=1609938629728000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNCu7fPuhO4CFQAAAAAdAAAAABAE)How to play:   * Agree a start point (one side of a big river) and a finish point   (the opposite side of the river).   * Using two objects (cushions, pillows, or other flat objects) * Can you cross the river without touching the floor? * You are only allowed two objects to cross the river with. * Can you complete the challenge and cross the river without touching   the floor? |
| Challenge: Using a stop watch or clock can you time how long it takes you to cross the river.  **STEP**  Space – Make the area bigger you have to cross  Task – change the rules, try jumping or hopping to each stepping stone.  Equipment – can you add in something you have to climb over as well?  People – Play follow the leader with a friend.  Video: <https://www.youtube.com/watch?v=xp5ClsXs-b8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=8&t=0s> |

SPRING TERM HOME PE

YEAR 2

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| Jumping Dice *Agility, balance, Coordination* |
| Equipment: A dice, |
| How to play:  Play with a partner, take turns to roll a dice.  • Look at the number you have rolled and then complete the correct jumping exercises:  [Complete Rules of Pig the Dice Game](https://www.google.co.uk/url?sa=i&url=https://www.thesprucecrafts.com/pig-dice-game-complete-rules-of-pig-411405&psig=AOvVaw1Fi109CtGV6jlEfWsedrW4&ust=1609939554432000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMiA0KzyhO4CFQAAAAAdAAAAABAR)Roll a 1 = Perform 10 star jumps  Roll a 2 = Perform 10 tuck jumps  Roll a 3 = Perform 10 straight jumps  Roll a 4 = Perform 10 frog jumps  Roll a 5 = Perform 10 hops  Roll a 6 = Perform 10 high knees  • The first player to complete all of the activities listed above is the winner. |
| Challenge: Can you do 20 of each?  **STEP**  Space – can you do more or less jumps depending on your ability?  Task – change the rules, can you do it with different moves of animals 1 = rabbit, 2 = snake 3 = giraffe 4 = frog 5 = cheetah 6 = bird  Equipment – use a bigger dice  People – can play by yourself, how quickly can you complete all the tasks? |

SPRING TERM HOME PE

YEAR 2

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| Target Treasure *Aiming and sending skills* |
| Equipment: 5 large objects, 2 balls/socks/beanbags |
| How to play:  [A secretive treasure hunter is unmasked by a court case - The Verge](https://www.google.co.uk/url?sa=i&url=https://www.theverge.com/2020/12/9/22165943/forrest-fen-treasure-hunt-finder-identity-revealed-after-lawsuit&psig=AOvVaw276t0MtTchQwyMPagUBMBM&ust=1609939843695000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCJDCtbbzhO4CFQAAAAAdAAAAABAE) Place a selection of targets 5 large steps away from your starting line.  • Players take turns to throw an object towards the targets from  behind the starting line.  • Each time a target is hit, it is taken by the thrower and becomes  their treasure.  • The winner is the player to have the most pieces of treasure after all the treasure is gone. |
| Challenge: Have more treasures to hit, move further away from the treasure.  **STEP**  Space – move closer or further away from the treasure.  Task –Can you throw with your non-throwing hand?  Equipment – Make the treasure smaller or bigger to make it harder or easier.  People – Play by yourself to beat your best time.  Video: <https://www.youtube.com/watch?v=N9XU5YKLbx8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=32&t=0s> |

SPRING TERM HOME PE

YEAR 2

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| Obstacle Course *Problem solving, flexibility and balance* |
| Equipment: As many items that you can find – cushions, teddies, socks, jumper etc |
| How to Play:  How many obstacles can you run around or jump over in 6o seconds?  [Children running obstacle race Royalty Free Vector Image](https://www.google.co.uk/url?sa=i&url=https://www.vectorstock.com/royalty-free-vector/children-running-obstacle-race-vector-15522505&psig=AOvVaw1lV_0OQVEJVxQLXWfdkUI5&ust=1609940634638000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMj_zK_2hO4CFQAAAAAdAAAAABAE)  Be creative.  Place out objects; pillows, teddies around your space.  Each time you jump over an object you get a point.  45 points is gold, 30 is silver and 15 is bronze.  Challenge: Could you do it for 2 minutes and see if you can double your score?  Space – Make your space bigger, can you use 2 rooms?  Task – After you jump over an object you have to do 5 star jumps after it.  Equipment – Use higher or lower pieces of equipment.  People – Ask a member of the family to officiate and time you around the course, can you beat your personal best? |

SPRING TERM HOME PE

YEAR 2

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| Balloon Games *Sending, attacking, and defending skills* |
| Equipment: a balloon and something to make a net |
| How to start:   * First practice the skills you need for the game. * Have a balloon per player and practice keeping it in the air above your head with your hands. How long can you keep it in the air for? * With your partner can you keep the balloon off the ground for 1 minute? * Can you hit the balloon in the air, turn around, touch the ground and hit it in the air again?   Playing the game:   * You will need a balloon. To make the net, draw a line on the floor using string or cushions or something long and straight in the house. * Players stand either side of the net. Practice sending the ball over the net and keeping it in the air. * To play, one player starts with the balloon and serves it over the net, the receiving player must return the balloon back over the net without letting it touch the floor. * You may tap, push, hit the balloon back over the net, with any part of the body, but not catch it! * One point for the player who manages to outwit their opponent and get the balloon to land on their opponents’ floor. * You can move around the court. First player to 11 points, wins the game.   **Skill Tip:** Hit the balloon underneath to make it go up in the air , strike the balloon in the middle to make it go straight and hit the top of the balloon, if you want it to go straight down. |
| Challenge: Have 2 players on each side and you must pass the balloon at least once to each other before it goes over the net.  **S**pace- make the court smaller or bigger  **T**ask – change the rules of the game – allowed to catch and send back, allowed two taps before sending back  **E**quipment - make the net higher – tie the string around the leg of two chairs ?  **P**eople - Have more people in each team if you have more people at home |

SPRING TERM HOME PE

YEAR 2

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| **Space Adventure** *creative* |
| Equipment: music |
| Free Astronaut Cliparts, Download Free Clip Art, Free Clip Art on Clipart  LibraryHow to play:  • Select some music that makes you think of space, astronauts and aliens.  • Create an action that represents the following movements.  1: Taking off in a space ship.  2: Landing a spaceship on a planet.  3: Exploring your new plant.  4: Making an exciting discovery.  • Add your 4 movements to create a sequence. Perform your sequence to someone else. What do they think?  **Top Tips** Use big movements! Imagine you are an astronaut! What would they wear? How would they move? Make your movements big and clear. This is your adventure so be creative! |
| Challenge: Can you change the music so it is faster or slower? Which is harder?  **S**pace : Can you use a bigger space, make movement bigger? Can you use a smaller space?  **T**ask : Teach someone else your dance, can they copy your moves?  **E**quipment : Change to music  **P**eople : Can you do it in sync with a partner, can you teach them your dance?  **Video :**  <https://www.youtube.com/watch?v=6g3DA6CIyNk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=29&t=0s> |

SPRING TERM HOME PE

YEAR 2

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| Rolling penalties *Sending skills* *and coordination* |
| Equipment: cones or something to make posts (jumpers.cushions) a ball. |
| How to Play:  Free Rolling Ball Cliparts, Download Free Clip Art, Free Clip Art on Clipart  Library  With a partner, set up a goal using two markers.  •Player 1 starts 5 steps away from the goal. Player 2 starts in goal.  •Player 1 rolls the ball towards goal trying to roll the ball past player 2.  •Can player 2 prevent the ball going past them? Can player 1 score?  •Players score a point each time they score a goal. The first to score 5 points is the winner. |
| Challenge: Make the goals smaller, you can only roll with your weaker hand.  **S**pace : Move further away from each other, or move closer together.  **T**ask : Have 10 goes each who can score the most out of 10? Can you do it with your feet?  **E**quipment : Make the ball smaller or bigger, change the size of the goals.  **P**eople : Take the goal keeper away and just aim to get it between the cones. |

SPRING TERM HOME PE

YEAR 2

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| Bowling *aiming and sending skills* |
| Free bowling clip art - ClipArt Best - ClipArt Best | Bowling pins, Bowling,  Bowling giftsEquipment: 10 empty plastic bottles (or similar to make a target), ball |
| How to play:  Set up 10 targets at one end of the space; lay these out in a triangle shape.  • Using a ball, each player takes it in turns to roll the ball towards the targets.  • Count how many targets you knocked over then reset for the next turn.  • Each player has 5 turns.  • The winner is the player with the most points at the end.  Top Tip: Rolling Underarm Step forwards with one foot, releasing the ball along the using your opposite hand. |
| Challenge: move further away from the 10 targets  **S**pace : Move further away to make it harder and move closer to make it easier.  **T**ask : Change how the target is set up, change to a line, or 3 in front of ach other  **E**quipment : Make targets smaller or bigger.  **P**eople : Play in pairs for a team score, or by yourself for a personal best challenge.  Video: <https://www.youtube.com/watch?v=AhXbrMPRYGk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=2&t=4s> |

SPRING TERM HOME PE

YEAR 2

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| Space Monsters ***agility and coordination*** |
| Equipment: different objects – cones, teddies, cushions etc, a ball that bounces (basketball) |
| funny monsters clipart - Clip Art LibraryHow to play:  Choose a start point and place another marker at the opposite end of the space.  • Layout objects; teddy bears, cones across the playing area.  These are known as the space monsters (defenders).  • Can you dribble using your hands, from the starting point, around the marker  and back avoiding the space monsters?  • If you dribble around the marker and back you score 1 point.  If you hit a space monster they score 1 point. The first to score 5 points is the winner. |
| Challenge: Increase the number of space monsters you have to get past.  **S**pace : Travel in a larger space or smaller space  **T**ask : Can you do it with your feet?  **E**quipment : Make the objects smaller to make it easier and bigger to make it harder.  **P**eople : Play against someone so they are the space monster.  Video: <https://www.youtube.com/watch?v=Wj0RwCe2uxM> |