

# Active Home Workout

#StayInWorkOut

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#StayHomeStayActive

GET ACTIVE and RETWEET YOUR EFFORTS

## Fun Friday - Key Stage 2

Try today's personal challenge

Today's Spirit of the Games Values are:



Passion - our passion is our strength



Self-Belief - Believe that you can do all the Jump Rope Skills

### 60 Second Challenge

#### The Plank

Can you focus and show self belief even though it is hard?

#### The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



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#### Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

#### Achieve Gold

60 seconds or more



#### Achieve Silver

45 seconds or more



#### Achieve Bronze

30 seconds or more



YOUTH SPORT TRUST



Believing in every child's future



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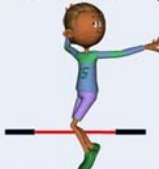



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Time for some skipping - place a skipping rope on the floor or mark a straight line with string, scarf or something similar.

Jump Rope Skill Sheets			
SKILL	INSTRUCTIONS	TIPS	CUES
<b>1. Long Jump</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump as far a possible down the rope- measure</li> <li>✓ Repeat and try to go father- 5 jumps</li> </ul>	<ul style="list-style-type: none"> <li>▪ Squat low</li> <li>▪ Explode up and forward</li> <li>▪ Mark jump on rope where heels landed</li> </ul>	STAND SQUAT JUMP
<b>2. 2 Foot Jump</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump side-to-side (2 feet) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Skier motion</li> </ul>	JUMP JUMP JUMP
<b>3. 1 Foot Hop</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Hop side-to-side (1 foot) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Keep balanced</li> </ul>	HOP HOP HOP
<b>4. Criss-Cross</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump and cross then uncross legs down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Cross-uncross, cross-uncross</li> </ul>	JUMP CROSS JUMP CROSS
<b>5. 1/2 Turn Over</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump and turn half way around (each jump) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>▪ Stay on balls of feet</li> <li>▪ Try not to touch rope</li> <li>▪ Do not go too fast</li> </ul>	JUMP TURN JUMP TURN

## Level 1- Rope on Ground

Use your own ideas to make up new actions like those above

Remember to share your ideas on twitter  @hamsteadhallsgo



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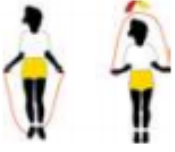





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Now try these skills

SKILL	TEACHING TIPS	ACHIEVED
Single Bounce 	Jump with both feet together. Try jumping in time to the beat of a song.	/ /
Double Bounce 	Jump the rope once, followed by a small rebound bounce.	/ /
Skier 	Practise jumping side to side along a marked line. Remember: little jumps.	/ /
Bell 	Count the beat: 1, 2, 1, 2 as the skipper jumps forwards and backwards.	/ /
Side Swing 	Hold hands together in front of body and practise the motion of rowing a boat as you swing the rope to each side of your body.  Some skippers may need assistance to mimic this motion.	/ /
Criss Cross 	Hug your hip, ensuring hands are clear to the side.  Glue feet to the ground to practise the arm movement – before adding a jump.	/ /

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## Wellbeing Activity

Hold each action for 10 seconds, as you hold each action slowly breath in through your nose, hold your breath, then breath out slowly through your mouth

# CALM DOWN YOGA

### 1. I am strong. Pretend to be a surfer.

**How to practice Warrior 2 Pose:** From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward. Pretend to be a surfer and use your strength to catch tricky waves.



### 2. I am kind. Pretend to be a tree.

**How to practice Tree Pose:** Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree. Think of trees being kind by offering shade, creating oxygen, and providing homes to animals.



### 3. I am brave. Pretend to be a skier.

**How to practice Chair Pose:** Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you, pretending to grasp ski poles as you fly down a ski run like a brave and fearless skier.



### 4. I am friendly. Pretend to be a dog.

**How to practice Downward-Facing Dog Pose:** Bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs. Think of being an eager and friendly dog.



### 5. I am wise. Pretend to be an owl.

**How to practice Hero Pose:** Drop your knees to the ground and come down to rest upright on your heels. Then pretend to be a wise owl perched on a tree. Twist your upper body one way and then the other.



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