

Active Home Workout

#StayInWorkOut

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#StayHomeStayActive

GET ACTIVE and RETWEET YOUR EFFORTS

Super Saturday - Key Stage 2 (Age 7 - 11)

Try today's personal challenge

The Blue Egg Home Physical Education

How to play:

- Each player places a marker down on the edge of a space known as their nest.
- In the centre of the space place objects. All blue items are worth 2 points. Everything else is worth 1 point.
- Players collect one object from the middle and then return it to their nest.
- Players should keep going until there are no more objects left.
- The winner is the player with the most points at the end of the game.

Can you play fairly and keep the score?

Can you keep running and score as many points as possible?

Top Tips

Work Hard

The faster you move, working hard to keep going the more points you will score.

Let's Reflect

Did you try and get all the blue objects first?

If you did not win what could you change for next time?

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GET ACTIVE and RETWEET YOUR EFFORTS

Active Movement Time

Select your favourite music and create a cheer motion sequence

cheer motion

Create your own all-action cheerleading routine



how to play



Here are some basic cheerleading moves – or you can invent your own! Remember to keep your fists clenched, thumbs tucked in:

- High-V** Feet apart, raise both arms up in the air to create a 'V' shape
- Low-V** Feet apart, point both arms down and out a little to create an upside down 'V'
- High-punch** One hand on the hip, the other punched high into the air
- Table top** Both hands closed together in front of the body as if you're holding a tennis ball, elbows tucked into the waist
- Half 'T'** Hands clasped at chest height, elbows out to the side forming a small 'T' with the body
- 'T'** Arms spread out to the side of the body

Safety: ensure there is enough space between groups.

equipment

Music, cheerleading pompoms, scarves, jingle bracelets.




Share your routine by tweeting  to @hamsteadhallsgo

AND / OR

martial moves

Create routines with imaginative (and controlled) martial arts action



how to play

Players link martial arts moves to create slow fluid movements from one action to another, like the Brazilian 'fight dance', Capoeira.

In pairs, try the moves below, working as a pair and responding to each other's actions. Be sure to do them in slow motion and stay connected to your partner with a ribbon you each hold at one end. Stay responsive to each other!


- Side kick** – feet apart, lift and push one leg out to the side
- Boxing punch** – elbows bent, fists clenched small, punch slowly left and right
- Jab** – alternate arms, punch straight out in front
- Body swerve** – bend low, turn sharply right or left and stand up
- Duck** – swoop down like a bird

Safety: make sure there's lots of space.

Note: remaining in contact with each other means visually impaired young people can join in.

equipment

Pictures or a video of Capoeira are useful to show as inspiration, equipment to help players stay connected, like hoops, ribbons or even a scarf, lots of space.



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