






## KS2 PE Home Learning

### Week 1: Outdoor Activities

This week we will be completing physical activities outdoors!

<b>Activity 1:</b>	<b>Activity 2:</b>
<p>Scavenger hunt in the garden.</p> <p>You must find the items on the list. All of these items can be found in either your back garden or your kitchen.</p> <ul style="list-style-type: none"><li>- A bucket</li><li>- Something prickly</li><li>- Something yellow</li><li>- A seed</li><li>- Something you can eat</li><li>- 2 sticks</li><li>- Something that smells good</li><li>- A bug</li><li>- A weed</li><li>- Something smooth</li><li>- Something green</li></ul> <p>Write down the list on some paper, and tick off once you have found these items. Good luck!</p> <p>Parents/ Guardians: Encourage children to be independent in finding the items, support if needed but focus on building independence.</p>	<p>Go to the park for a walk with your parent/ guardian. When walking around the park, see if you can see any animals.</p> <p>Here are some of the animals you might see:</p> <div data-bbox="683 954 1193 1339"></div> <p>Parents/ Guardians must be with children at all times.</p>

**Activity 3:**

Help Parents/ Guardians tidy the garden/ outdoor space.

If you have a garden or outdoor space. Help your parents/ guardians tidy the area! You can help plant plants, rake up leaves and water flowers.



Parents/ Guardians: Encourage children to help around the garden to develop fine motor- skills and build independence.

**Activity 4:**

Yoga in the garden.

Watch the video and join in!

<https://www.youtube.com/watch?v=uyj5LooYWyg>

Parents/ Guardians are encouraged to join in.

**Activity 5:**

Mini Olympics.

In your garden/ yard, you are going to take part in a 'Mini Olympics'!

Items you will need: a ball, boiled egg, spoon, Frisbee (if you have one), balloon, and something to drink!

In no order, you can race against your parents/ guardians in each activity.

Basketball  
Running races- distance races, 1 legged race, egg and spoon race.  
Discus using Frisbees  
High jump/ long jump  
Tennis (using a balloon)

**Activity 6:**

Adapted Boules.

In your garden, choose a small item to be your target. Playing against your partner (parent/ guardian), the aim of the game is to throw your ball nearest the target without touching it.

If you have boules then you can use the boules equipment, if not you can use alternatives such as small balls including tennis balls or footballs.

Parents/ Guardians: Encourage your child to be competitive by playing against them. The idea of the game is to help develop motor skills such as balance and coordination when throwing. The throw must be under arm.



Parents/ Guardians: Work with the children in taking part in each activity, try to build competitiveness as well as independence.



**Mini Olympics**