

Key Stage 1 PE

Week 1 – W/B – 27/4

Below are a variety of exercises to try with your son/daughter to keep them moving whilst at home, feel free to join in with them to encourage them.

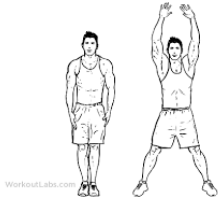
Activity 1 - Pirate Ship - Before you begin, the children should be taught the commands which the activity involves (see below). Pick and choose which ones you want to use. They get a point for everyone they get correct.

Command	Action
Quarterdeck	Run to a wall / line on the left side of the area.
Man the Lifeboats	OR find a sibling, sit on the floor facing each other, holding hands and rocking backwards and forwards (as in "row, row, row your boat").
Scrub the Decks	Children crouch down and pretend to clean the floor with their hands
Climb the Rigging	Children pretend to climb a rope ladder.
Captain's Coming	Children salute and shout out "Aye Aye Captain"
Admiral's Coming	Children stop and salute (like captain's coming) but must continue to stand to attention until the instruction 'Admiral's gone' - giving opportunities for catching children out!
Walk the Plank	Children have to walk in a perfect straight line one foot exactly in front of the other with arms outstretched to the sides (children could also walk along a line or object)
Captain's wife	Everyone curtseys (boys think this is hilarious!).
Shark Attack	Lie on back with arm in the air.
Fire the Canon	Children run in to the 'cannon' (could be a toy), shout "boom!" and jump in the air.
Hit the Deck	Children lie down on their stomachs as quickly as possible.
Port	Run to the kitchen
Starboard	Run to the living room
Bow	Run to the front door
Stern	Run to the back door
Up on Deck!	Children have to jump onto a item of furniture if safe to do so.

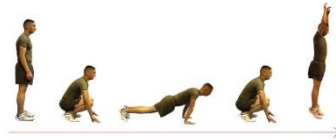
Activity 2 – Small circuit of exercises

Circuits of 6 stations. Each station to be completed for 30 seconds. Circuit could be done 2 times through – 2 minute break in between each circuit.

Station 1 – Star Jumps



Station 2 – Burpees



Station 3 – Plank



Station 4 – Jogging on the Spot



Station 5 – High Knees



Station 6 - Heel flicks

