



APS PE Activities



Most of you would have started playing team games this term so anything which encourages you to work as a team, take responsibility and think tactically would be fantastic practice ready for when we're back together again ☺ . You may already do most of these activities during your time at home, but in case you were stuck and fancied a change, here are a few ideas!

1. Daily walk/bike ride/jog/run. Can you beat your time from the day before?
2. Do you or a sibling(s) have a ball pit? How long does it take you to empty the balls (only using your hands and not touching the pit) Try it one handed, try only taking some colours out at a time, try it only using your feet! Turn it into a family competition! ☺
3. Hopscotch - Have a dry pavement and a piece of chalk? Draw your own outside!
4. Dance - Put your favourite songs on and create a routine, bust your best moves or play a game of musical statues!
5. Yoga - Find a quiet spot (ha!) and an online yoga video and enjoy. Namaste.
6. Can you do the Triangle Dance? Try it with members of your family! Hint: there are 3 jumps and each of you jump either forward, right or left at the same time! Watch this video to help you! ☺ [The Triangle Dance - Moose Tube | GoNoodle - Bing video](#)
7. Stretching - these are great to do once you wake up or before bed. Start from your head and hold a stretch comfortably for 10 seconds. Work your way down to your toes and enjoy feeling refreshed and calm.
8. Create an obstacle course or home circuit - raid the cupboards for some tins of beans to use as weights, a pillow as something to jump over or the stairs as a hill!
9. [Home PE | Primary PE Planning](#) Click the link and try out some these challenges!
10. Have a go at the "CLAP IT OUT" dance... can you keep up? You can just copy the dance, dance and sing or create your own afterwards with different words! Use this video to help you [Clap It Out - Blazer Fresh | GoNoodle - YouTube](#)
11. Play the 'Floor is Lava' in your lounge (with permission from the adults!) using cushions/rugs/sofa cushions etc to make a safe bridge across the room to avoid being 'swallowed' by the lava. Make it harder by removing odd cushions- how few do you need to cross successfully?
12. Play "Keepy Upys" with a balloon. How many can you do? Avoid your mums best china! ☺
13. Play "Fitness Deck" take it turns to pick the top card off the deck and complete a task based on if its Hearts, Clubs, Spades or Diamonds. E.g. Jumping jacks for Hearts, sit-ups for Spades, push-ups for Diamonds and squats for Clubs. The number on the card represents how many times you complete the move. Before starting, decide the value of Aces, Jacks, Queens and Kings.

These don't have to be done in this order- pick your favourites and repeat them if you like! Try to do a minimum of 1 per day.



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