

Redbridge School Games KS1



#StayInWorkOut

#YourSchoolGames

#StayInStayActive

It is important that kids do a minimum of 60 minutes of activity every day! To help achieve this we have put together weekly challenge cards for you to try. Please share your achievements with us on twitter @Redbridge_SGO

Physical Fitness – Stamina

Monday

Can you run on the spot for 1 minute without stopping?

Physical Competencies –
Rhythm & fluency

Tuesday

Can you jump, jump, clap – Jump, jump, clap, at the same times as the music from Queen – we will rock you?

Cognitive Skills – Creativity

Wednesday

Can you make an obstacle course?

Personal Qualities –
Responsibility & Leadership

Thursday

Can you lead your parents or siblings through the game 'follow the leader'?

Personal Qualities -
Motivation

Friday

Can you improve one of this weeks activities?



Other activities

- Take a look on youth sport trust to find activities to try at home!
<https://www.youthsporttrust.org/free-home-learning-resources-0>
- Joe Wicks, The body coach streams a live video at 09:00-10:00 every day or you can view them at any time via Youtube.
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>



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Physical Fitness – Flexibility

Monday

Can you touch your toes whilst sitting with straight legs?

Physical Competencies - Coordination

Tuesday

Can you throw an object and catch it? Can you clap before you catch?

Cognitive Skills – Problem solving

Wednesday

Can you help your parents match the socks that come out of the washing machine?

Physical fitness - Speed

Thursday

Can you run on the spot as slow as you can for 5 seconds, then run as fast as you can for 5 seconds?

Personal Qualities - Communication

Friday

Can you explain to your parents what you love about a particular physical activity? Can you also demonstrate?



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Cognitive Skills – Decision Making

Monday

Decide on a point A and a Point B, in your home or garden. Can you find the quickest way to move between these?

Physical Fitness – Flexibility

Tuesday

Can you throw an object and catch it?
Can you clap before you catch?

Personal Qualities – Responsibility & Leadership

Wednesday

Can you create an activity for you and a member of your family to do for 30 minutes?

Physical fitness - Stamina

Thursday

How long can you skip for? If you don't have a skipping rope you could practice hopping on 1 foot

Personal competencies – Kinaesthetic Awareness

Friday

Can you take 3 pictures of yourself, showing the tallest shape you can, the smallest shape you can and the widest shape you can?



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Cognitive Skills – Focus & Concentration

Monday

Can you jog around your garden or outside area and count how many different plants you can see?

Physical Fitness – Core Stability

Tuesday

Can you hold a press-up position for 10 seconds?

Personal Qualities – Respect & Tolerance

Wednesday

Can you help your parents with something for at least 30 minutes?

Physical fitness - Stamina

Thursday

How long can you Balance on 1 leg for? (What about the other foot?)

Personal competencies – Gross & Fine Motor Skills

Friday

Can you get someone to throw a ball to you and hit it with a bat?



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Cognitive Skills – Creativity

Monday

Can you invent a new game with you parents that involves a ball and a scoring system?

Physical Fitness – Flexibility

Tuesday

Can you think of different ways to stretch your body? See below for some ideas

Personal Competencies – Fluency & Coordination

Wednesday

Can you balance on one leg and move your arms like a windmill in opposite directions?

Physical Competencies – Stamina

Thursday

How many start jumps can you do in 1 minute?

Personal Qualities – Motivation

Friday

Can you improve any of this weeks activities?



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Redbridge School Games KS2



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Physical Fitness – Stamina

Monday

Can you time how long you can run on the spot without having to stop

Physical Competencies – Balance & Control

Tuesday

Can you jump from the ground onto the sofa/bed, taking-off and landing on 2 feet without falling?

Cognitive Skills – Creativity

Wednesday

Can you invent a new game with your parents or siblings that involves a ball and a scoring system?

Personal Qualities – Responsibility & Leadership

Thursday

Can you help with the household chores?

Personal Qualities - Motivation

Friday

Can you improve one of this weeks activities?



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Physical Fitness – Core
Stability & strength

Monday

How long can you balance using 2 contact points (not both feet)

Physical Competencies –
Gross / fine motor skills

Tuesday

Can you get someone to throw a ball to you and hit it with a bat? Can you mark where the ball lands and beat this target?

Cognitive Skills – Focus &
Concentration

Wednesday

Can you name different animals whilst throwing & catching a ball between you and your family

Cognitive Skills – Creativity

Thursday

Can you invent a dance routine with 3 jumps in

Physical fitness – Flexibility

Friday

Can you try to touch your toes? How many different ways can you do this?



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Other activities

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Physical Fitness – Speed

Monday

How quickly can you complete 10 press-ups and 10 sit-ups?

Personal Qualities – Confidence & self esteem

Tuesday

Can you list three activities you excel at?
Can you show someone how to complete them?

Cognitive Skills – Problem Solving

Wednesday

Can you arrange a games night for your family?

Personal competencies – Kinaesthetic Awareness

Thursday

Can you take 3 pictures of yourself, performing a skill or dance move?

Physical fitness – Stamina

Friday

How many star jumps can you do on the spot without stopping?



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Physical Fitness – Stamina

Monday

Complete the below exercises for 1 minute, with a 1 minute of rest in-between.

Personal Qualities – Responsibility & Leadership

Tuesday

Can you help with the household chores?

Cognitive Skills – Creativity

Wednesday

Can you invent a new game with your parents or siblings that involves a socks and a scoring system?

Physical Competencies – Balance & Control

Thursday

Think of 5 balances, how long can you hold each position for?

Personal Qualities - Motivation

Friday

Can you improve one of this weeks activities?

Star Jumps

Plank Hold

Squats

Push ups

High Knees



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Physical Fitness – Speed

Monday

Can you complete 10 star jumps, followed by 10 sit ups, faster than an adult in your home

Personal Qualities – Respect & Tolerance

Tuesday

Can you ask your parents for a job to complete today?

Cognitive Skills – Focus & Concentration

Wednesday

Can you recall the alphabet out loud whilst jogging on the spot

Physical Competencies – Rhythm & Timing

Thursday

Can you jump, jump, clap – Jump, jump, clap, at the same times as the music from Queen – we will rock you?

Personal Qualities - Motivation

Friday

Can you improve one of this weeks activities?



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