

# 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/UCAxW1XT0iEJo0TYIRfn6rYQ>



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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

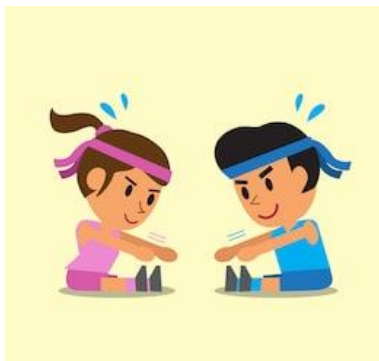
**Thursday**

Can you run on the spot as slow as you can for 5 seconds, than 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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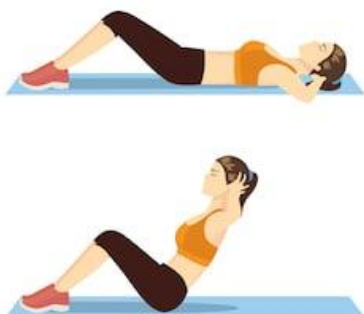
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Physical Fitness – Speed

**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?



Other activities

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Physical Fitness – Stamina

Personal Qualities – Responsibility & Leadership

Cognitive Skills – Creativity

Physical Competencies – Balance & Control

Personal Qualities - Motivation

## Monday

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

## Tuesday

Can you help with the household chores?

## Wednesday

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

## Thursday

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

## Friday

Can you improve one of this weeks activities?

Star Jumps

Plank Hold

Squats

Push ups

High Knees



## Other activities

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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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