

KEY STAGE 1

Card no:	Activity Focus	Name of Activity	Activity time
	Gymnastics		
1	Developing Balances & Introducing sequences	'Gym Balancing Bonanza!'	45 mins
2	Developing & Improving basic rolling	'Rolling Champion'	30 – 45 mins
	Yoga/Mindfulness		
3	Links to suitable age group Yoga	'Yoga'	Various times
	Dance		
4	To develop confidence in movement. Links to Dance videos.	'You've got The Moves'	most tutorials 10 – 12 mins
	Health Related fitness		
5	Basic fitness covering all aspects	'Amazing Socially Distancing Mat Fitness Circuit!'	30-40 mins
6	Fun fitness challenge	'Superhero workout'	30 – 40 mins
7	Fun fitness challenge	'Get Active, Stay Healthy'	30 mins
	Athletics skills		
8	Running – sprinting	'Speedy Sprinters'	30 mins
9	Running – longer distance	'Mini Runners'	30 mins
10	Jumping	'Jump for Joy'	20 mins
11	Throwing > Developing pupils Javelin throw technique	'Javelin aeroplanes'	20 – 30 mins
	KS1 Games activities		
12	Developing pupils underarm throwing technique into different targets	'Aim on Target'	15 mins
13	Aiming and Rolling	'Battleships'	10 mins
14	Developing close control skills in Football	'Football Team Relay'	15 – 20 mins
15	Invasion Games skills circuit	'Carousel Fun'	30 – 45 mins
16	Hand/eye coordination in catching and Reaction time	'Teacher Says.....'	10 mins
17	Developing pupils understanding of running around bases	'Run Around'	10 – 15m mins
18	Fun individual mini tennis carousel activities	'Anyone for Tennis'	30 mins

KEY STAGE 2

Card no:	Activity Focus	Name of Activity	Activity time
	Gymnastics		
1	Sequence based on core gymnastics balances and shapes.	'Socially Distant Shape Work!'	30 mins +
2	Basic ball handling related to gym skills	'Rhythmic Gym'	45 mins
	Yoga/Mindfulness		
3	Links to suitable age group Yoga	'Yoga'	Various times
	Dance		
4	To explore and create a 'Dance Sentence' using a stimulus.	'Say it with Movement'	45 mins
	Health Related fitness		
5	Fun fitness challenge	'Flip a Coin' workout	30 – 45 mins
6	Fun fitness challenge	'Snakes & Ladders fitness challenge'	30 – 45 mins
7	Fun fitness challenge	'Get Active, Stay Healthy'	30 mins
	Athletics skills		
8	Running – sprinting	'Speedy Sprinters'	30 mins
9	Running – longer distance	'Mini Marathons'	30 mins
10	Jumping activity	'Jump Across Devon'	20 mins
11	Throwing > Developing pupils Javelin throw technique	'Javelin Throw'	30 mins
	Invasion game skills		
12	Ball handling & shooting Skills	'Basketball Handball Shoot Out'	15 mins
13	Individual football skills	'Footgolf'	20 mins
14	Individual football Passing Skills	'Human Table Football'	20 mins
	Strike & Fielding skills		
15	Developing pupils ball handling skills (catching) use of memory and promoting creativity.	'Add On'	10-15 mins
16	Developing pupils fielding skills and introducing the Long Barrier	'Stop The Ball!'	10 – 15 mins
17	Cricket skills	'On Target Bowling'	45 – 60 mins
18	Fun Football/Rounders adapted game	'Kick it!'	30 – 45 mins
	Net/wall skills		
19	Developing pupils tennis racket handling skills and introducing hitting the ball	'Hit the Ball!'	10 – 15 mins
20	Developing pupils Tennis skills	'Getting Wimbledon ready'	30 -45 mins