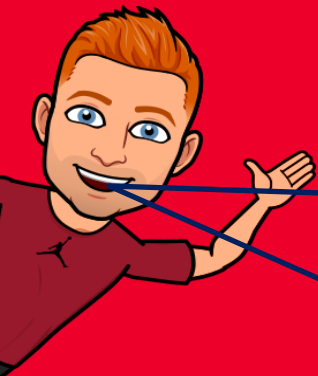


Home Learning Activities – Fundamental Movements KS2



Hi everyone! Hope you are all keeping well and staying active at home.

This week is all about fun exercises we can do to increase body strength and build up our stamina! Does anyone know what “Stamina” means? I really enjoyed doing Connect 4 Fitness! An exciting game but great for keeping fit. Try the activities and see how you do.

Share your pictures and videos with us @LittleSportsCoaching

Dice Fitness:

- Can you find a dice in your house?
 - Roll the dice and whichever number it lands on you need to complete a fitness challenge:
1. 10 Star Jumps
 2. 10 Sit ups
 3. 10-20 seconds of running on the spot
 4. 10 Press ups
 5. 1 minute Plank
 6. 10 Squats
- Online Dice <https://www.online-stopwatch.com/chance-games/roll-a-dice/>



SPELL YOUR NAME

DO THE WORKOUT **EVERY DAY**

A: 10 PUSH UPS	N: 5 SETS OF STAIRS
B: 1K JOG	O: 20 LEG RAISES
C: 10 SQUAT JUMPS	P: 1 MIN PLANK
D: 20 BURPEES	Q: 30 STAR JUMPS
E: 10 SQUATS	R: 2 MIN SKIPPING
F: 20 STAR JUMPS	S: 20 BURPEES
G: 20 LUNGES	T: 30 SEC PLANK
H: 1 MIN SKIPPING	U: 15 SQUATS
I: 45 SEC PLANK	V: 15 PUSH UPS
J: 3 SETS OF STAIRS	W: 20 SIT UPS
K: 10 BURPEES	X: 10 LUNGES
L: 20 SQUATS	Y: 20 SQUAT JUMPS
M: 2 MIN PLANK	Z: 2 MIN PLANK

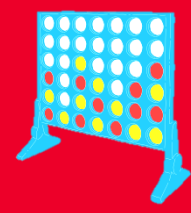
Alphabet Fitness:

- Complete the exercises for each letter in your name
 A - 10 Push ups
 L - 20 Squats
 E - 10 Squats
 X - 10 Lunges
- Give it a go! You can decide if you need to make it easier or harder
- Get an adult or sibling to join in too

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Connect 4 Fitness

- With an adult or sibling take it in turns to complete the fitness challenges. Once complete you may colour in the circle.
- You must start from the **Bottom**.
- Once you have 4 in a row (Horizontal/Diagonal/Vertical) you win 1 point.
- Continue until no more circles are available. Scroll down for the exercises



THE ORIGINAL GAME OF

CONNECT 4

Instructions

In pairs take it in turns to complete the fitness tasks. Once complete you may colour in the circle.

You must start from the **Bottom**.

Once you have 4 in a row (Horizontal/Diagonal/Vertical) you win 1 point.

Continue until no more circles are available.

30 Mountain climbers	20 Heel touches	30s High knees	30 Crunches	30 Step ups	20 Squats	12 Lunges
15 Burpees	10 Shuttle runs	12 Lunges	20 Squat jumps	15 Shuttle runs	3 Laps	20 Sit ups
10 Press ups	2 Laps	20 Jumping Jacks	15 Sit ups	10 Jump Lunges	20 Heel touches	30s High knees
20 Step ups	10 Tricep dips	10 Shuttle runs	12 Lunges	20 Mountain climbers	15 Sit ups	10 Shuttle runs
15 Squat jumps	1 Minute skipping	30s Plank	15 Burpees	15 Crunches	15 Calf raises	15 Press ups
15 Sit ups	10 Press ups	20 Mountain climbers	10 Shuttle runs	10 Star Jumps	15 Spotty dogs	15 Squats

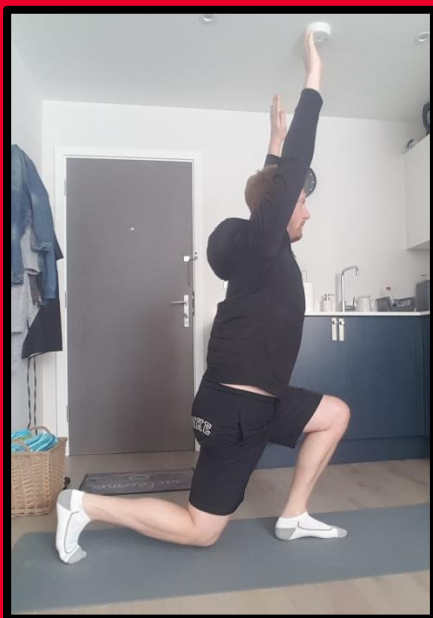
Scores

Player 1	Player 2

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Healthy Hearts

- Layout 5 markers in a space around your area. These are your 5 cardio circuit activities:
Station 1: Perform 10 star jumps.
Station 2: Perform 10 mountain climbers.
Station 3: Skip or jump for 10 seconds.
Station 4: Perform 10 burpees.
Station 5: Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?



Feeling Flexible

- Layout 5 markers in a space around your area. These are your 5 flexibility circuit activities
Station 1: Perform 10 extended tucks.
Station 2: Perform 10 roll and release.
Station 3: Perform 10 lunges.
Station 4: Perform 10 arches, holding each one for 5 seconds.
Station 5: Perform 10 extended leg raises.
- How many times can you repeat the circuit?