

5 – 10 Minute Active Blasts KS1 – For the Classroom

The Bean Game

What you need: A clear space so tuck your chairs in before you begin.

How to play: The teacher says one of the following beans and the pupils respond by performing the corresponding action

Runner bean: run on the spot.

Baked bean: jump up and down on the spot

Broad bean: lie down in a star shape.

Friendly bean: walk around whilst giving people a high five.

Star Jump Challenge

What you need: A little space so tuck your chairs in before you begin

How to play: Pupils work with a partner. One jumps whilst the other counts.

The teacher times the pupils for 1 minute.

How many star jumps can they complete in this time?

Change over.

Repeat the activity twice. Can they beat their first score?

Balloon Volleyball

What you need: One balloon per table and a little space so tuck your chairs in before you begin.

How to play: Pupils stand behind their chairs and as a table, they count how many times they can hit their balloon up in the air before it hits their table.

Make this harder by specifying that they are not allowed to hit the balloon twice in a row.

Kangaroos

What you need: A clear space so tuck your chairs in before you begin.

How to play: The teacher says the following instructions for the pupils to copy:

Right foot: hop on your right foot

Left foot: hop on your left foot

Kangaroos: jump around the classroom using two feet.

Keep mixing up the order of the instructions.

Swipe

What you need: A clear space so tuck your chairs in before you begin.

One cone between two.

How to play: Pupils work in pairs with one cone.

Pupils stand opposite their partner with the cone on the floor between them.

Pupils complete the following actions and race to 'swipe' (pick up) the cone on the teachers command 'swipe', winning one point for every swipe:

Jogging on the spot

Star jumps

Hopping

Heel flicks

High knees

5 – 10 Minute Active Blasts KS1 – For at home

Head, Shoulders, Knees and Toes.

What you need: A clear space, this can be inside or outside.

How to play: Children move around the space. When the leader calls a body part pupils quickly find a partner and connect those body parts together.

Make this harder by saying a number before the body part e.g. three backs means three pupils will need to connect their backs.

Change the movement actions in between the rounds e.g. hopping, jogging etc.

The Car Game

How to play: Ask the children to imagine they are climbing into a car, putting on their seat belt and adjusting the mirror. Children drive their car around the classroom by walking and then complete the actions said by the leader.

- Red light: stop
- Green light: go
- Speed bumps: jump up and down
- Roundabout: drive around a table or object

Animal Walk

What you need: A little space so tuck your chairs in before you begin.

How to play: Ask one pupil to suggest an animal. All pupils travel around the classroom like that animal.

Invite another five pupils to suggest different animals, travelling like each of them.

Jumping Tricks

What you need: A clear space, this can be inside or outside

Ask the children to explore the following jumping patterns. If you own a skipping rope, the children can attempt these actions using it. Repeat each for 30 seconds.

Scissors: Jump one foot forward one foot back, jump and change feet.

Hopping: Practise right then left.

Ski slalom: Jump side to side with feet together.

Criss cross: Jump feet to cross then wide.

Hopscotch: One foot, two feet, one foot, two feet.

Socks in Pots!

What you need: three pairs of socks and three or more pots or pans

How to play: Place pots or pans at different distances away.

Start behind a start line.

Score one point for each pair of socks you throw that land in a pot or pan.

Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.

Play with more people by seeing who can score the most points. The first person to ten points is the winner.

Wall Catch

What you need: 1 ball and a wall.

How to play: Stand 1m away from the wall.

Throw the ball against the wall and try to catch it before it touches the floor.

Can you get to 5 catches in a row?

Take a step back and repeat. How far from the wall can you get?