

Name	Equipment	Skill	Age Suitability
Home PE Session 1	Socks, pillows, duvet, teddys!	Balance and fitness	Year 1 & 2

Video Tutorial: <https://www.youtube.com/watch?v=Zl-7GsCWdws&t=2s>

Check out our [YouTube channel](#) to see a variety of different lessons for a range of ages.

Warm Up (5 minutes):

Teddy bear clap catch!

- Get a teddy or small cushion and stand throwing distance away from your child.
- See if you can throw and catch the teddy 10 times without either of you dropping it!
- If you find that easy, add in a simple clap before you catch and see how much you can increase the distance between you!
- Every time the teddy is dropped, start again!

Activity 1 (15 minutes):

Balance pick up challenge!

- Get 3 or 4 pairs of socks, place them down on the floor one just to the left of your child, one just in front and one just to the right.
- Ask your child to balance on one leg and pick up the first pair of socks to their left. (Make sure they are balanced only on one leg the whole way down and whole way back up.)
- Once they have picked the first pair up, get them to try and throw the socks for you to catch. Once completed, ask them to do the same with the remaining 2 or 3 pairs.
- Once they have completed the balance on their left leg, ask them to try and switch to their right leg and complete again!
This is a great way to practise balancing and throwing as well as keeping it fun and competitive.

Activity 2 (15 minutes):

Indoor floor is lava!

*This game can be really fun but make sure you are placing equipment in a safe space.

- Scatter pillows, a duvet, cushions or anything safe you can find in random places around your floor space. (More space the better! If dry and nice weather go outside!)
- Ask your child to move around the room in different ways (Skipping, hopping, running, jumping, stretched tall ect...)
- As soon as you shout FLOOR IS LAVA, your child must jump onto the cushions or equipment used.
- As soon as they're on the equipment, get them to move around the floor in a different way to last time. Once they've moved for 45 seconds to 1-minute shout FLOOR IS LAVA again!
- Continue to play until bored!
Have some fun yourself and swap rolls! You run and ask your child to call floor is lava!

Cool Down (5 minutes):

Shapes and stretches!

- Perform some basic body stretches and shapes to cool down after running around!
- Some shapes you can perform which stretch the body; Pencil shape (Long and tall), Star shape (Wide as you can go like a star), Pike shape (Sit down, try and touch toes).
- Try and hold each stretch for 5 seconds and repeat 3 or 4 times!

Safety Considerations (outdoor):
Ensure playing area is clear of debris

Safety Considerations (indoor):
Check suitability for area

Simplification:

- Reduce distance in clap catch.
- Use bigger equipment to pick up if they are struggling with picking up socks.
- Add more pillows to jump on if struggling.

Progression:

- Add in 2 or 3 claps before you catch the teddy!
- See how many pairs of socks they can pick up without losing balance.

Notes:

What did you like about the lesson?

What would you change?