



Home from Home

What's needed

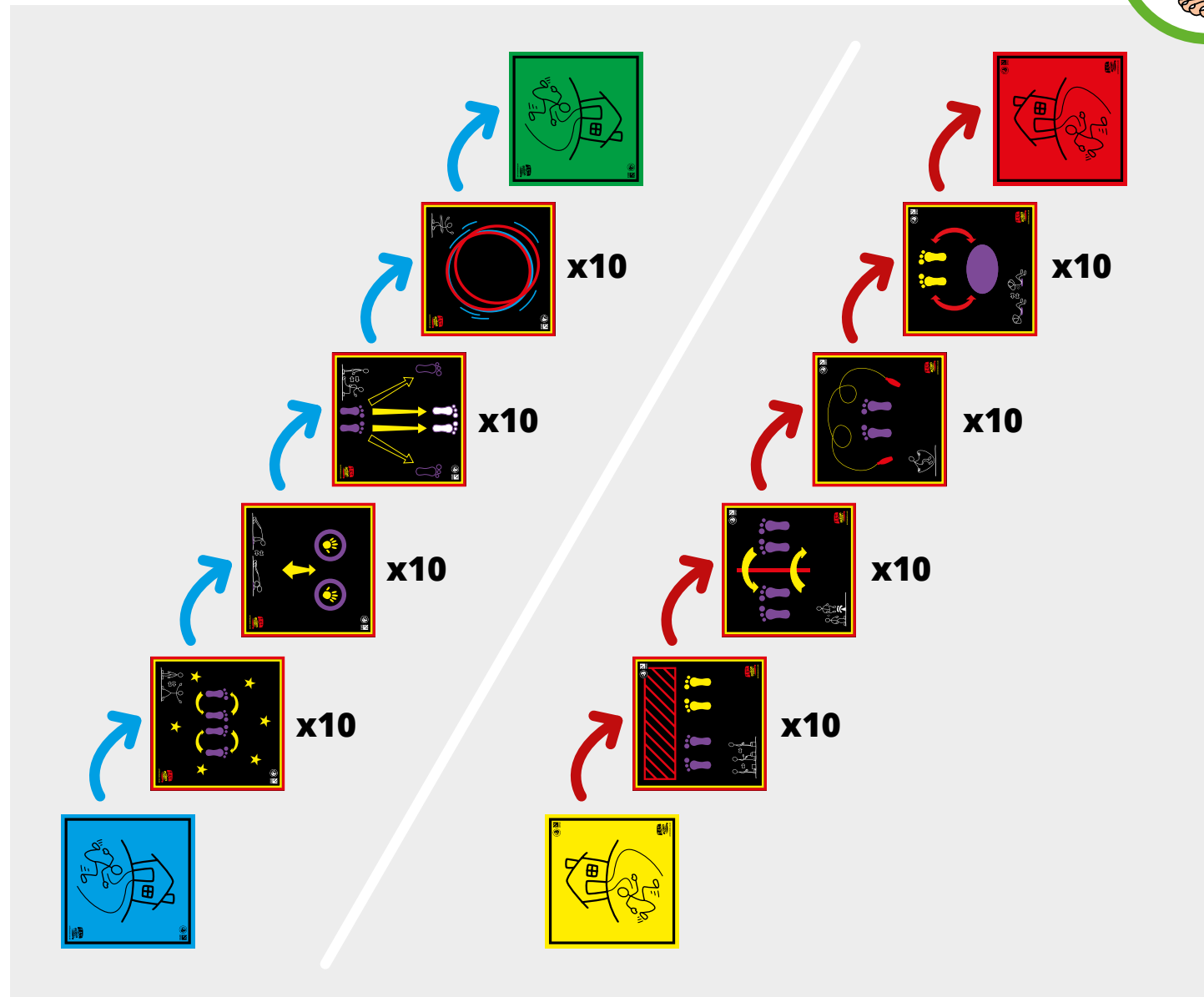
- 4x Home Mats
- 10x Action Mats
- Cones
- Stopwatch/ music
- Resource Sheet for recording individual results

How to play

2 teams start at one of the home mats and work their way across the Action Mats to the other home mat, performing the activities as they go.

Only 1 player can be on an Action Mat at a time.

The Setup





Suggested age range

KS1 and KS2

Learning outcome

To practice a wide range of skills that will be developed further in sports such as athletics, football, hockey, rugby, cricket, netball

Reference: Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013)

Success criteria (measuring impact)

Each child to complete the circuit and improve performance and technique each time the same circuit is performed

Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked
- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

Assessment for learning questions (adapt for key stage)

Pre-activity:

- What does personal best mean?
- How do you know when you are performing your personal best?

Post-activity:

- What did you do better or differently to improve?
- What difference did the pressure of time make on your performance?

Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest

Differentiation and personalisation

- Vary the size of the team or the time allocated for the activity
- Ask a child to lead warm-up or cool down

Main focus

To use skills learnt to compare their performances with previous ones and demonstrate improvement to achieve their personal best

Cool down

Teacher leads -
30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretch

Reflect

In which activity do you think you have demonstrated your personal best?

What improved skills have you achieved?

Where do you feel you could have done better?

What would be your goal for next time?

What have you learnt about yourselves today?