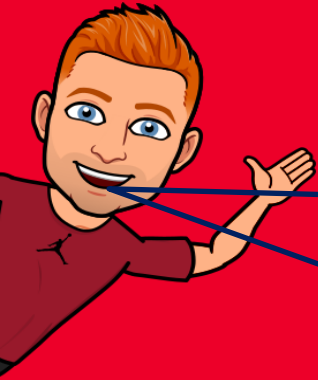


Home Learning Activities – Athletics KS1



Hi everyone! I hope you are all staying active.

This week is all about Athletics, so loads of throwing, running and jumping for you to try!

Share your efforts with us @LittleSportsCoaching

Speed Bounce

- Find a jumper or a cushion and place it on the floor
- How many times can you jump over the jumper or cushion in 1 minute?
- Find an adult or sibling to time you
- You could even see who can do more in 1 minute



Throw it down

- Find a pair of socks or soft toys as your item to throw
- Then find some targets such as cushions or towels
- Create a throw line so it's fair
- Play with an adult or sibling and take it turns to throw
- Use either underarm or overarm throws
- You can also throw your socks/ soft toys as far as you can and measure using footsteps who got the furthest

Home Learning Activities – Athletics KS1



There and back

- Can you run as fast as Usain Bolt? He ran 100 metres in 9.58 seconds!!
- Find 2 items such a ball of socks or soft toys
- Can you run from one to another and then back?
- How many times can you run back and forth in 1 minute?
- Try this either in a space, garden or in a park (social distancing of course)



The Relay

- Find 2 items such a ball of socks or soft toys and place them opposite each other 2 or more metres apart depending on space
- With an adult or sibling stand by an item each and one of you has the ball of socks (baton)
- Can you run from one to another and then back handing over the baton each time?
- How many times can you do this in 1 minute?

