

Year 2 PSHE (Personal Social Health Education) - Suggested activities for home

Stories and fun activities provide times to talk as well as times to think and reflect. They also encourage staying active.

Story Time & Family Chat

Listen to the story 'Elephants Cannot Dance' by Mo Willems

<https://www.youtube.com/watch?v=DP08TJbqExE>

Listen to the story 'Ready Steady Mo' by Kes Grey

<https://www.youtube.com/watch?v=9N4IRlo1Btw&safe=active>

Listen to 'The Busy Body Book' by Lizzie Rockwell

<https://www.youtube.com/watch?v=mJyKqhaup24&safe=active>

Note for parents/carers: These books are intended to generate discussion about the importance of exercise and to encourage children to want to keep fit and active and to understand the purpose of building in/maintaining fitness into their everyday lives.

Activities:

- Make an exercise chart showing what exercise you will do each day - you could add equipment you need and you could write down how long to do each one and where you will do it

HOMESCHOOL Family

Exercise Log

Name: _____

Month: _____

WEEK	S	M	T	W	Th	F	S
1							
2							
3							
4							

www.homeschoolfamily.com

- Use your exercise chart to help you do some fitness each day
- You could make an exercise chart for your family too!
- Set up an obstacle course in your house or garden e.g. lift a tin of beans or soup 5 times in the kitchen, do 5 rolls across your bedroom mat, try 5 keepy-uppies in the garden with a ball and 5 step ups on your bottom stair or on the doorstep etc (make sure that your family know about your fitness plan first!)
- Keepy-uppies



<https://www.bbc.co.uk/cbeebies/watch/footy-pups-super-skills-keepy-uppies>

- Balloon Tennis!



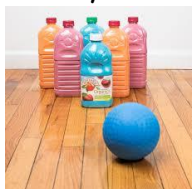
You will need:

X2 paper plates, x 2 sticks or lolly sticks, 1 balloon, cellotape

What to do:

1. Decorate the front of the paper plates
2. Tape the sticks to the back of the plates
3. Ask an adult to blow up the balloon
4. Enjoy your game!

- Hallway Bowling!



You will need:

X6 recycled bottles e.g. washing up liquid, fabric conditioner, shampoo bottles etc filled with water with lids on!

What to do:

1. Set out the bottles in a triangle
 2. Each player gets 2 goes to try to knock all of the bottles down
 3. Each 'pin' they knock down scores them 1 point
 4. If they knock them all down in one go that's a strike, which gives you double points for your next two goes!
 5. If you knock them all down in your two goes, that's a spare and gives you double points for your first go next time
 6. 10 rounds should be enough
 7. The winner is the one with the most points!
- Play 'Simon Says'.....using your name of course!
 - Sock skating.....

There are also some fantastic ideas for games on the following website:

<https://www.nhs.uk/change4life/activities/sports-and-activities>