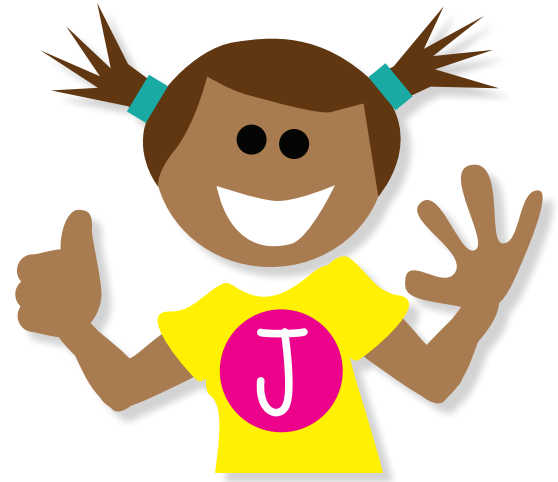


real PE[®] at home



real PE at home (KS2)

Name

Class

real.jasmineactive.com

Username

Password

Instructions:

1. Login to **real PE** at home and choose **Key Stage 2**.
2. Use your **real PE** at home planner to identify the **2 Fundamental Movement Skills** you are working on (**2 skills over 2 weeks**).
3. On **Day 1**, complete the PB Challenges and enter your scores onto your PB Challenges sheet.
4. On **Day 2**, try the skills challenges and shade in the **FUNS** Wheel with the highest colour you achieve for each skill on your first attempt (colour in half a cell if you achieve some but not all challenges in a colour).
5. Follow your **real PE** at home planner over the next **2 weeks**.
6. At the end of **week 2**:
 - Re-visit the PB Challenges and enter your new scores onto your PB Challenges sheet
 - Re-visit your **FUNS** wheel, using a different colour to shade in where you are against each skill.

PB Challenges

**Weeks
1 and 2:**

**One Leg
Balance
(Balloon
Balance)**

Balancing on one leg, how quickly can you pick up 4 items (on either leg)?

1st Attempt 2nd Attempt

Tricky – From a raised surface (for example, chairs), balancing a ball

Trickier – From a raised surface, keeping up a balloon

Trickiest – From the floor, keeping up a balloon

	1st Attempt	2nd Attempt
Tricky		
Trickier		
Trickiest		
TOTAL		

**Footwork
(Matching
Pairs)**

How quickly can you travel and match 5 pairs?

Tricky – Side-stepping and hopping

Trickier – Skipping and side-stepping with pivots

Trickiest – Hop-scotching forwards and backwards

Tricky		
Trickier		
Trickiest		
TOTAL		

**Weeks
3 and 4**

**Seated
Balance
(Exchange
Objects)**

How many objects can you pass from one zone to another using your feet in 30 seconds?

Tricky – With both hands on the floor

Trickier – With one hand on the floor

Trickiest – With no hands on the floor

Tricky		
Trickier		
Trickiest		
TOTAL		

**Jumping
and
Landing
(Develop
Combinations)**

How far can you jump?

Tricky – Combining any 3 jumps

Trickier – Combining 3 different jumps

Trickiest – Combining 3 different jumps, including a turn

Tricky		
Trickier		
Trickiest		
TOTAL		

**Weeks
5 and 6:**

**Dynamic
Balance
(3 Limb
Race)**

**How quickly can you cover the course
(approximately 10 metres)?**

**1st 2nd
Attempt Attempt**

Tricky – High knees and elbows (march)

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Trickier – Lunge walking forwards

--	--

Trickiest – Lunge walking backwards

--	--

TOTAL

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**Ball
Handling
(Getting
Around Us)**

**How many repetitions can you make
in 30 seconds?**

Tricky – Passing a ball around your waist

--	--

Trickier – Passing a ball around your legs
in a figure of 8

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Trickiest – Passing a ball around your
waist then around your legs in a figure of 8

--	--

TOTAL

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**Weeks
7 and 8:**

**Sending
and
Receiving
(Juggle
Challenge)**

**How many repetitions can you make in
30 seconds?**

Tricky – Using 1 ball or similar

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Trickier – Using 2 balls or similar

--	--

Trickiest – Using 3 balls or similar

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TOTAL

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**Counter
Balance
(Roller Ball)**

**How many repetitions can you make in
30 seconds?**

Tricky – Using a crouching position

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Trickier – Using a kneeling position

--	--

Trickiest – Using a sitting position

--	--

TOTAL

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**Weeks
9 and 10:**

**Reaction/
Response
(Quick off
the Mark)**

How many catches can you make?

Tricky – Using a large ball and 2 bounces

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Trickier – Using a large ball and 1 bounce

--	--

Trickiest – Using a small ball and 1 bounce

--	--

TOTAL

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**Floor Work
(Front
Curling)**

How many points can you score in 1 minute?

1st Attempt 2nd Attempt

Tricky – In a mini-front support (knees down)

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Trickier – In a full front support

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Trickiest – In a full front support with one foot on the floor

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TOTAL

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**Weeks
11 and 12:**

**Ball
Chasing
(Tunnels)**

How many times can you make the ball roll through a 'tunnel' in 10 metres?

Tricky – From a standing start

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Trickier – From a seated or lying start

--	--

Trickiest – Including turns with each tunnel

--	--

TOTAL

--	--

**Stance
(Balance
Transfer)**

How many items can you transfer from one zone to another in 1 minute?

Tricky – Carrying items/equipment

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Trickier – Balancing items on head

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Trickiest – Balancing items on head and keeping heels up throughout

--	--

TOTAL

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FUNS Wheel

