

PRIMARY SPORTS AND EDUCATION **LEARNING PACK** **KS1!**



Activity	Resources Required	Potential Risks	Impact
GET WARM TROOPS	- Paper and pen to record your results	- Safe soft space for performing movements	- Math's - Physical Exercise
Nightingale Facts	- Pencil or pen		- History - Exercise
Hospital Fitness	- Pencil or Pen	- Cars - People - Wildlife	- Physical Exercise - Health and Wellbeing - Pupils using their imagination
Sports Kit	Pen or Pencil		- Knowledge of kit within sports - Health and Safety
Mindfulness	- Somewhere outdoors but inside if the weather is horrible		- Health and Wellbeing - Being in the moment

LETS GET WARM TROOPS!

FACT: WARMING UP
MAKES YOUR
JOINTS LOOSE AND
YOUR MUSCLES
MORE ELASTIC

Before we start each day ... lets make sure we are nice and warm and ready to attack what the day brings!

- Can you perform each of the activities below and improve your score from the previous morning?

Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



Tuck jumps

Do 10 tuck jumps:

- How high can you jump?
- Can you jump higher than your buddy?
- How many tuck jumps can you do without stopping?



Differentiation: Can you add in one other exercise of your choice?

NIGHTINGALE FACTS ...

Florence Nightingale was a nurse who cared for wounded British soldiers of the Crimean War during 1854-1856.

Florence would have been a very brave lady can you circle three more of the words below which you believe she might have been?

BRAVE

CARING

TIRED

STRONG

THOUGHTFUL

UNDERSTANDING

Fun Fact: Did you know Florence Nightingale is named after the city of where Florence was born?

IN YEAR 1 OR 2?

On to the next slide!

What attributes do you believe that you have when it comes to helping someone?
Can you list a further four (4) like you circled on the previous slide? Really try
and think of a situation where you have helped someone

1) **BRAVERY** - I showed bravery during a PE lesson at School. Mr Keast asked me to demonstrate an activity in front of the whole class - and I did!

2)

3)

4)

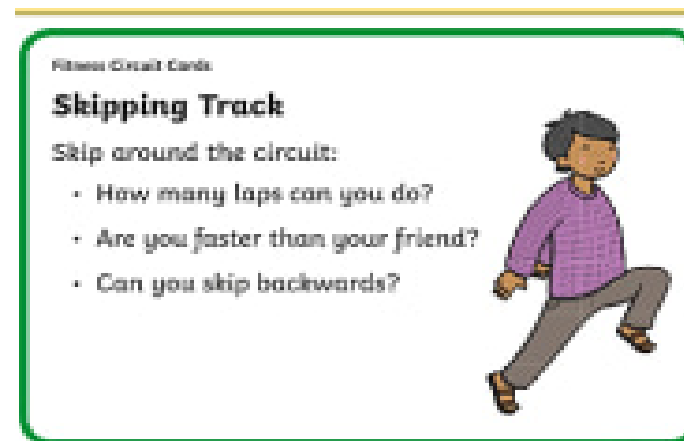
5)



DIFFERENTIATION
: Can you write
below each of
your answers
the example of
where you used
this attribute?

Hospital Fitness ...

Using the cards below ... can we exercise for 30 seconds on each exercise?



FACT: Exercise is a great way to make sure we stay fit and healthy. It can lower your blood pressure and make your bones strong.

Level up: Can we turn this into a circuit?
Performing each exercise once for 30 seconds is 1 circuit
Can we do 3 circuits?

SPORTS KIT ...

- Can you join each piece of protective equipment with the sport it is associated with? Use your pencil or pen to do so



Differentiation:
Can you think of
a further 3 pieces
of equipment and
sports and draw
them on the
PowerPoint?

EXTENSION TASK ...

Can you design a short list of activities that might have helped injured soldiers to recover quicker and therefore spend a shorter period with Florence Nightingale in hospital I have started the fitness list for you already ... lets think about the activities we have done in previous weeks or even in our sport PE lessons You can even write next to your exercise which part of the body the exercise uses

- Jumps (Legs)

Think about the exercises you do in PE?



Think about the exercises you try at your sports clubs?

Mindfulness time to relax

Find somewhere nice and peaceful This could be in the garden or in your home Imagine you are Florence Nightingale all those years ago

- 5 things you could see ...
- 4 things you could touch ...
- 3 things you could smell ...
- 2 things you could hear ...
- 1 thing you could taste ...



WE WOULD LOVE TO SEE THEM?

- ▶ Send all your drawings and posters from the “Nightingale competition” slide to the following email address connor@primary-sports.co.uk
- ▶ The winners will receive a prize and a mention on our social media platforms!

