



Home PE Activities (01 – 40)
Home Competitions (41 – 55)
Celebration Activities (56 – 65)



KS2 Virtual Competitions (Termly KS2 Borough Leader boards)
KS1 Virtual Challenges (10 Multi-Skills)
EYFS Virtual Games (10 Game Cards)

Follow the links to our YouTube channel:

(Hover cursor over activity name, hold CTRL and click to direct to YOUTUBE):

Home PE 2020/21

[Merton School Sport Partnership - YOUTUBE HOMEPAGE](#)

[00 Introduction Video](#)

Movement Activities (Click these links):

[01 Rainbow Run](#)
[06 Travelling Time Trial](#)
[11 Shuttle Ball](#)
[16 Dishes and Domes](#)
[21 Shifting Statues](#)
[26 Sock Stash](#)
[31 Fast Feet](#)
[36 Mirror Me](#)

Skills tested:

Agility, Coordination, Speed, Memory
Agility, Coordination
Agility, Coordination
Agility, Coordination, Speed, Object Control
Balance, Stamina, Endurance
Agility, Stamina, Speed
Agility Coordination, Speed
Agility, Speed, Reaction Times, Body Awareness

Target Activities:

[02 Feed the Rabbits](#)
[07 Landing Pads](#)
[12 Boccia Blast](#)
[17 Skittle Sock](#)
[22 Socks and Crosses](#)
[27 Putt like a Pro](#)
[32 Carnival Collect](#)
[37 Send to the End](#)

Accuracy, Under-Arm Throwing
Accuracy, Over-Arm Throwing
Accuracy, Object Control, Under-Arm bowling
Accuracy, Object Control, Hand to Eye Coordination
Accuracy, Speed, Strategy
Accuracy, Putting Control, Depth Perception
Accuracy, Object Control
Accuracy, Object Control, Depth Perception

Workout Activities:

[03 Speed Bounce Showdown](#)
[08 Supersonic Speed Tap](#)
[13 Core Connect](#)
[18 Core Score](#)
[23 Toe Tap Titans](#)
[28 Bust the Blocks](#)
[33 Quad Box](#)
[38 Quad Bounce](#)

Agility, Coordination, Speed, Power
Strength, Stamina, Speed
Core Strength, Stamina, Speed
Core Strength, Stamina, Accuracy
Control, Stamina, Speed
Strength, Stamina, Balance
Agility, Stamina, Reaction Times
Agility, Coordination, Speed, Power

Thoughtful Activities:

- 04 Cross the Living Room Lava
- 09 Memory Memento
- 14 Maze Mover
- 19 Beware of the Bears
- 24 Catch Me If You Can
- 29 Finders Keepers
- 34 Tower of Strength
- 39 Memory Maze

Agility, Balance, Decision making
Strategy, Memory, Problem solving
Strategy, Memory, Balance
Memory, Problem Solving
Communication, Teamwork, Reaction Times
Strategy, Speed, Problem Solving
Strategy, Object control, Fitness
Memory, Focus, Resilience

Festival Fun Activities:

- 05 Step Back Target Tennis
- 10 Balloon Keepy-Ups
- 15 Cereal Box Challenge
- 20 Standing Long Jumps
- 25 Multi Skills Celebration
- 30 Limbo Legend
- 35 Cops and Robbers
- 40 Basket Buddies

Striking, Accuracy, Object Control
Agility, Object Control
Balance, Creative Thinking, Flexibility
Strength, Power, Control
Your choice of 5 activities
Flexibility, Stamina, Balance, Control
Agility, Speed, Reaction Times
Accuracy, Coordination

Home Competitions:

- 41 Shuttle Run – Athletics
- 42 Target Throw – Athletics
- 43 Speed Bounce – Athletics
- 44 High Steppers – Athletics
- 45 Standing Long Jump – Athletics
- 46 Balance Ball – Tennis
- 47 Target Time – Tennis
- 48 Side Steppers – Tennis
- 49 Gauntlet Grab – Tennis
- 50 Ready to Rally – Tennis
- 51 Zone Ball – Golf
- 52 Bullseye – Golf
- 53 Dominoes – Golf
- 54 Target Tunnel – Golf
- 55 Grand National – Golf

Celebration Activities:

- 56 Granny's Footsteps – Festival
- 57 Tack the Tail – Festival
- 58 Tri-Challenge – Festival
- 59 Musical Statues – Festival
- 60 Merton Mini Olympics - Festival
- 61 All Movement Monday Challenges
- 62 All Target Tuesday Challenges
- 63 All Workout Wednesday Challenges
- 64 All Thoughtful Thursday Challenges
- 65 All Festival Friday Challenges

KS2 Virtual Competitions

Closing date **Friday 11th December 2020** -

[KS2 Athletics Pentathlon](#)

[KS2 Tri Golf Open](#)

Closing date now **TBC for Spring/Summer 2021** -

[KS2 Tennis](#)

[KS2 Hockey](#)

[KS2 Gymnastics Competition](#)

[Key Steps 2 Body Management Routine](#)

[Key Steps 3 Body Management Routine](#)



KS1 Virtual Challenges

Multi-Skill Personal Challenges

- 01 Shuttle Run
- 02 Target Throw
- 03 Speed Bounce
- 04 Agility Run
- 05 Standing Long Jump
- 06 Balance Dice
- 07 Bowling
- 08 Balance Beam
- 09 Dishes and Domes
- 10 Balance Bean Bag

EYFS Virtual Games

Game Cards videos to accompany MSSP Scheme of Work

- 01 Top Gear
- 02 Hiding Nemo
- 03 Bears to the Honey Pot
- 04 Stepping Stones
- 05 Granny's Footsteps
- 06 Super Mouse
- 07 The Bean Game
- 08 King/Queen of the Cones
- 09 Magic Volcano
- 10 Space Invaders

Be sure to check out the following links regularly for our most recent challenges:

 www.mertonssp.org.uk/home-pe-mssp

 [Home PE with MSSP - YouTube page](#)

 <https://twitter.com/MertonSSP>