



# ACTIVE@HOME 2021

In association with Petersfield Church of England Aided Primary School

Information Pack



JS | SPORTS & EDUCATION



# Introduction

Welcome to the JS Sports & Education Active @ Home 2021, in association with Petersfield Church of England Aided Primary School. Here at JS Sports & Education we care deeply about children's mental health and physical health, and during these tough times, this has never been so important.

Whilst your child may not be at school at the moment enjoying one of our many enjoyable and beneficial extra curricular clubs or thriving in our curriculum based lessons, that does not mean that your child has to miss out on some fun active activities, to help with their Fitness and Wellbeing.

We have put this pack together to allow easy access for Key Stage 1 and 2 children to some engaging activities which will benefit them in the following ways...

**Fitness** - Children who enjoy sports and exercise tend to stay active throughout their lives. And staying fit can improve how children do at school, build self-esteem, prevent obesity and decrease the risk of serious illnesses such as high blood pressure, diabetes and heart disease later in life.

**Wellbeing** - Regular physical activity helps develop your child's fundamental movement skills. In addition to helping maintain a healthy body weight, physical activity can help build healthy bones, muscles, heart and lungs.

Visit our Facebook page for demonstrations on all exercises you'll need for the week ahead! Be sure to tag us in your pictures/videos of your little super stars attempting these workouts.

 @jssportsandeducation





# Key Stage 1 Workouts

WEEK 01 MON-FRI	WEEK 02 MON-FRI	WEEK 03 MON-FRI	WEEK 04 MON-FRI	WEEK 05 MON-FRI	WEEK 06 MON-FRI
<p>35 Seconds Work 25 Seconds Rest</p> <ul style="list-style-type: none"><li>• Running on the Spot</li><li>• Burpees</li><li>• Rocket Launches</li><li>• Star Jumps</li></ul>	<p>35 Seconds Work 25 Seconds Rest</p> <ul style="list-style-type: none"><li>• Running on the Spot with Punches</li><li>• Lay on Tummy, Stand Up, Jump</li><li>• Frog Jumps</li><li>• Soldier Marches</li></ul>	<p>35 Seconds Work 20 Seconds Rest</p> <ul style="list-style-type: none"><li>• Mountain Climbers</li><li>• Forward Lunge</li><li>• Running on the Spot with High Knees</li><li>• Squat Hold with Fast Feet</li></ul>	<p>40 Seconds Work 20 Seconds Rest</p> <ul style="list-style-type: none"><li>• Woodchopper</li><li>• Power kicks (Kicking a door down)</li><li>• Ski Hops</li><li>• Fast Soldier Marching</li></ul>	<p>40 Seconds Work 20 Seconds Rest</p> <ul style="list-style-type: none"><li>• Burpees</li><li>• Star Jumps</li><li>• Climb the Rope</li><li>• Running with Punches</li></ul>	<p>40 Seconds Work 20 Seconds Rest</p> <ul style="list-style-type: none"><li>• Frog Jump</li><li>• Squat</li><li>• Star Jump</li><li>• Knee to elbow (Opposite elbow to opposite knee)</li></ul>



# Key Stage 2 Workouts

WEEK 01 MON-FRI	WEEK 02 MON-FRI	WEEK 03 MON-FRI	WEEK 04 MON-FRI	WEEK 05 MON-FRI	WEEK 06 MON-FRI
<p>40 Seconds Work 20 Seconds Rest</p> <ul style="list-style-type: none"><li>• Running on the spot with punches</li><li>• Star Jumps</li><li>• Squats</li><li>• Climb the Rope</li><li>• Squat hold sprint (Quick Feet)</li></ul>	<p>40 Seconds Work 20 Seconds Rest</p> <ul style="list-style-type: none"><li>• Reverse Lunge and Touch the Ground with Same Hand</li><li>• Knee to Elbow</li><li>• Burpees</li><li>• Rocket Launchers</li><li>• Squat Hold with Punches</li></ul>	<p>40 Seconds Work 20 Seconds Rest</p> <ul style="list-style-type: none"><li>• Sit down, touch your toes, stand up and JUMP</li><li>• Star Jumps</li><li>• Squat, Squat, Left Foot Lunge, Right Foot Lunge</li><li>• Shoot the Hoop (Pretend to shoot a basketball, 5 shuffles to the side, shoot a basketball, 5 shuffles back, repeat)</li><li>• Sit ups</li></ul>	<p>50 Seconds Work 10 Seconds Rest</p> <ul style="list-style-type: none"><li>• Mountain Climbers</li><li>• Squat Jumps</li><li>• Running on the Spot Punches</li><li>• Walk Outs</li><li>• Sit Ups</li></ul>	<p>50 Seconds Work 10 Seconds Rest</p> <ul style="list-style-type: none"><li>• Windmills (Feet Wide, Opposite Hand Touch Opposite Foot, Quickly)</li><li>• Power Knees (Lunge Back and Drive the Knee Up, Swap Over)</li><li>• Heel Flicks (Flick Heels Towards Bottom)</li><li>• Star Jumps</li><li>• Squat Hold with Punches</li></ul>	<p>50 Seconds Work 10 Seconds Rest</p> <ul style="list-style-type: none"><li>• Running on Spot</li><li>• Front Kicks (Kicking The Door Down)</li><li>• Walk Outs</li><li>• Squat Jumps</li><li>• Burpees</li></ul>





# About JS Sports & Education

JS Sports & Education is a fast growing sports' coaching company with an exceptional reputation for providing high quality sports coaching and fantastic value for money; whether its delivering National Curriculum PE lessons & extra-curricular sessions in schools, or our fantastic school holiday activity camps.

The company was set up by Jamie Segrave in 2017 after working for a number of coaching companies in Cambridgeshire. His aim is support schools and local children by delivering quality, safe and affordable sports coaching.

All our staff are fully qualified by the relevant national governing bodies or teacher training awards and every member of our staff attends safeguarding children workshops and Paediatric first-aid courses as well as being enhanced DBS checked every 2 years.

JS Sports & Education prides itself on being a local company regardless of which area we deliver our services in and we always strive to form strong links with local councils and organisations.

With increasing levels of obesity in children, we aim to provide quality, safe sports coaching to alleviate this national problem. All our services are tailored for boys and girls of every ability and we make every session as fun and relaxed as possible encouraging the children to express themselves and develop through sport and recreational activities.





## Contact Us

Please contact JS Sports & Education by emailing the office:

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Monday - Friday 9:30am - 5:30pm

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