

Physical Education

Year 1

PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout (reduce to 10-15minutes) <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Daily challenge: Remember to keep a record of all your previous results so you can look back and see if you have made any improvements. You will revisit each challenge in the coming weeks.

How many step ups can you do in 20seconds? You have 3 attempts each day. Keep a record of your score, can you improve on it?

Study:

Carrying on from last week, choose one of your favourite sports and create a fact file about that sport. Use search engines to help you. For example, how many players play at one time, how long is a match? Can you name some players? Where is the sport played? Inside or outside? Etc..

Year 2

PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout (reduce to 10-15minutes) <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Daily challenge: Remember to keep a record of all your previous results so you can look back and see if you have made any improvements. You will revisit each challenge in the coming weeks.

How many star jumps can you do in 20seconds? You have 3 attempts each day. Keep a record of your score, can you improve on it?

Study:

Can you think of 5 different sports? Use search engines to help you. On one sheet of paper can you draw pictures of the 5 different sports and colour them in? Find out 3 different facts about your chosen sports. Don't forget to label your pictures.

Year 3

PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout (reduce to 15minutes) <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Daily challenge: Remember to keep a record of all your previous results so you can look back and see if you have made any improvements. You will revisit each challenge in the coming weeks.

How many hops on one leg can you do in 20seconds? You have 3 attempts each day. Keep a record of your score, can you improve on it?

Study:

Use search engines to find out information about gymnastics. Watch videos on YouTube. Produce a poster on your findings, use crayons to add colour.

Year 4

PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout (reduce to 15-20minutes) <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Daily challenge: Remember to keep a record of all your previous results so you can look back and see if you have made any improvements. You will revisit each challenge in the coming weeks.

How many times can you lie down (completely flat) and stand up straight in 20seconds? You have 3 attempts each day. Keep a record of your score, can you improve on it?

Study:

Create a new sport that could be played in PE and design a poster showcasing your new sport. Don't forget to include the name of this game and also the rules. Use crayons to add colour to your poster.

Year 5

PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout. <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Daily challenge: Remember to keep a record of all your previous results so you can look back and see if you have made any improvements. You will revisit each challenge in the coming weeks.

Sit down, stand up without using your hands. How many times can you stand up from a crossed leg seated position in 20seconds? Try not to uncross your legs. You have 3 attempts each day. Keep a record of your score, can you improve on it?

Study:

Use search engines to research your recent topic in PE – Basketball. Find out information about the sport and create a fact file. For example, you could include – rules, information about local teams, scoring system etc. Be prepared to answer questions on Basketball in week 3.

Year 6

PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout. <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Daily challenge: Remember to keep a record of all your previous results so you can look back and see if you have made any improvements. You will revisit each challenge in the coming weeks.

Leg Raises – lie on your back, keeping your back on the floor with your legs straight, lift your legs into the air and back down to the floor. How many can you do in 20seconds? You have 3 attempts each day. Keep a record of your score, can you improve on it?

Study:

Use search engines to research our recent topic in PE – Netball. Find out information about the sport and create a fact file. For example, you could include – netball positions, rules, local teams, what level is netball competed at? Olympics? Etc. Be prepared to answer questions on Netball in week 3.

