

Physical Education

Year 1

Daily exercise ideas:

- Joe Wicks YouTube – Kids beginner’s workout | The Body Coach
<https://www.youtube.com/watch?v=mhHY8mOQ5eo&t=589s>
- Just Dance https://www.youtube.com/results?search_query=just+dance+songs+2020
- Yoga for beginners – YouTube <https://www.youtube.com/watch?v=CBko9JPMtHs>

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? Don’t forget to label your pictures.

Daily challenge: *How many hops on one leg can you do in 20seconds? Keep a record of your score, can you improve on it?*

Year 2

Daily exercise ideas:

- Joe Wicks YouTube – Kids beginner’s workout | The Body Coach
<https://www.youtube.com/watch?v=mhHY8mOQ5eo&t=589s>
- Just Dance https://www.youtube.com/results?search_query=just+dance+songs+2020
- Yoga for beginners – YouTube <https://www.youtube.com/watch?v=CBko9JPMtHs>

Study:

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

Daily challenge: *How long can you balance on one leg for? Use a stopwatch to time yourself. When you lose your balance and your foot touches the floor, stop your stopwatch. Keep a record of your time, can you improve on it?*

Year 3

Daily exercise ideas:

- Joe Wicks YouTube – Kids beginner’s workout | The Body Coach
<https://www.youtube.com/watch?v=mhHY8mOQ5eo&t=589s>
- Just Dance https://www.youtube.com/results?search_query=just+dance+songs+2020
- Yoga for beginners – YouTube <https://www.youtube.com/watch?v=CBko9JPMtHs>
- Practice ball skills – throwing (high, low), catching (individual & with a partner), dribbling (with hands & feet). Can you catch a big ball / small ball?

Study:

Create a poster of your favourite sport. Use search engines to find out information about your favourite sport and include this information on your poster. Use crayons to add colour to your poster.

Daily challenge: *How many star jumps can you do in 30seconds? Keep a record of your score, can you improve on it?*

Year 4

Daily exercise ideas:

- Joe Wicks YouTube – Kids beginner’s workout | The Body Coach
<https://www.youtube.com/watch?v=mhHY8mOQ5eo&t=589s>
- Just Dance https://www.youtube.com/results?search_query=just+dance+songs+2020
- Yoga for beginners – YouTube <https://www.youtube.com/watch?v=CBko9JPMtHs>
- Practice ball skills – Throwing and catching on own and with a partner (chest pass), dribbling (with hands & feet). Can you catch a big ball / small ball? Can you throw and catch with your left hand / right hand?

Study:

Use search engines to research different sports, for example – football, netball, basketball, dance, gymnastics, rugby, volleyball, swimming, athletics. Create a fact file about 5 of your favourite sports. You could include, the rules of each sport, how many players play at one time, history of the sport (what year did it start) etc.

Daily challenge: *How many times can you throw a ball into the air and catch it in 1 minute? Keep a record of your score, can you improve on it?*

Year 5

Daily exercise ideas:

- Joe Wicks YouTube – 5-minute Move | Kids Workout 1 | The Body Coach TV
<https://www.youtube.com/watch?v=d3LPrhI0v-w>
- Just Dance https://www.youtube.com/results?search_query=just+dance+songs+2020
- Yoga for beginners – YouTube https://www.youtube.com/watch?v=sM5MGLMNN_E
- Practice ball skills – Chest pass / bounce pass / overhead pass. Throwing and catching on your own and with a partner. High throws / low throws.

Study:

Research your favourite sport or sporting hero. What information can you find out using search engines? Watch your favourite sport / hero on YouTube. Produce a poster on your findings.

Daily challenge: *How many step ups can you do in 30seconds? Keep a record of your score, can you improve on it?*

Year 6

Daily exercise ideas:

- Joe Wicks YouTube – 5-minute Move | Kids Workout 1 | The Body Coach TV
<https://www.youtube.com/watch?v=d3LPrhI0v-w>

- Just Dance https://www.youtube.com/results?search_query=just+dance+songs+2020
- Yoga for beginners – YouTube https://www.youtube.com/watch?v=sM5MGLMNN_E
- Practice ball skills – Chest pass / bounce pass / overhead pass. Throwing and catching on your own and with a partner. High throws / low throws.

Study:

Research the Olympics. What information can you find out using search engines? You may want to concentrate on one sport or a variety of different sports. Watch clips on YouTube. Look into the history of the Olympics. How and when did the Olympics start? Produce a poster on your findings.

Daily challenge: Using a stop watch, time yourself doing the following - 20 star jumps, 20 squats, 20 high knees to chest. Keep a record of the time, can you improve on it?