

# Physical Education

## Year 1

### Daily exercise ideas:

- Just Dance [https://www.youtube.com/results?search\\_query=just+dance+songs+2020](https://www.youtube.com/results?search_query=just+dance+songs+2020)

### Study:

Draw a picture of the Olympic rings and a picture of 5 different sports that would take place at the Olympics. Use crayons to add colour to your picture.

**Daily challenge:** *How many hops on one leg can you do in 20seconds? Keep a record of your score, can you improve on it? Have you made any improvements from your scores in week 1?*

## Year 2

### Daily exercise ideas:

- Just Dance [https://www.youtube.com/results?search\\_query=just+dance+songs+2020](https://www.youtube.com/results?search_query=just+dance+songs+2020)

### Study:

Create a new sport/game and design a poster showcasing your new sport/game. Use crayons to add colour to your poster.

**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? Have you made any improvements from your scores in week 1?*

## Year 3

### 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](https://www.youtube.com/results?search_query=just+dance+songs+2020)

### 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.

**Daily challenge:** *How many star jumps can you do in 30seconds? Keep a record of your score, can you improve on it? Have you made any improvements from your scores in week 1?*

## Year 4

### 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](https://www.youtube.com/results?search_query=just+dance+songs+2020)

### **Study:**

Research our new topic in PE – Athletics. Find out as much information as you can about athletics and the history behind it. Use search engines to help you. Produce a poster on your findings, use crayons to add colour.

**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. Have you made any improvements from your scores in week 1?**

## **Year 5**

### **Daily exercise ideas:**

- PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout.  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Dance with Oti Mabuse [https://www.youtube.com/channel/UC58aowNEXHHnfIR\\_5YtP4g](https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YtP4g)

### **Study:**

Answer the questions on basketball (see additional sheet). Use search engines to help you if you are unsure on an answer.

**Daily challenge: How many step ups can you do in 30seconds? Keep a record of your score. Have you made any improvements from your scores in week 1?**

## **Year 6**

### **Daily exercise ideas:**

- PE with Joe Wicks live at 9am on YouTube Monday-Friday – 30minute workout.  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Dance with Oti Mabuse [https://www.youtube.com/channel/UC58aowNEXHHnfIR\\_5YtP4g](https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YtP4g)

### **Study:**

Answer the questions on netball (see additional sheet). Use search engines to help you if you are unsure on an answer.

**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. Have you made any improvements from your scores in week 1?**