

# Physical Education

## Year 1

### Daily exercise ideas:

- Practice ball skills – throwing (high, low), catching (on your own and with a partner)
- Go for a walk with an adult from your household

### Study:

Research health eating. Design a meal which contains at least 3 vegetables / salad and, or fruit. Use crayons to add colour to your picture.

***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?***

## Year 2

### Daily exercise ideas:

- Practice ball skills – throwing (high, low), catching (on your own and with a partner). Can you catch a big ball / small ball?
- Go for a walk with an adult from your household

### Study:

What is a balanced diet? Use search engines to help you research. Design a balanced meal. Draw a poster of your meal and colour it in. Don't forget to label it.

***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?***

## Year 3

### Daily exercise ideas:

- Practice ball skills – throwing (high, low), catching (on your own and with a partner). Can you catch a big ball / small ball? Dribble the ball with your hands / feet.
- Go for a walk with an adult from your household

### Study:

Research the Olympic Games. What information can you find using search engines? You could also watch videos on YouTube. Create a fact file on your findings.

**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?**

## **Year 4**

**Daily exercise ideas:**

- Practice ball skills – throwing (high, low), catching (on your own and with a partner). Can you catch a big ball / small ball? Dribble the ball with your hands / feet.
- Go for a walk with an adult from your household

**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 fact file on your findings.

**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?**

## **Year 5**

**Study:**

- Research circuit sessions using search engines. Design your own circuit session. For example, 10 different stations - star jumps, sit ups, bunny jumps etc.
- Check your basketball answers from week 3

**Daily exercise ideas:**

Take part in the circuit session which you have designed.

**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?**

## **Year 6**

**Study:**

- Research circuit sessions using search engines. Design your own circuit session. For example, 10 different stations - star jumps, sit ups, bunny jumps etc.
- Check your netball answers from week 3

**Daily exercise ideas:**

Take part in the circuit session which you have designed.

***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?***