

Physical Education

Year 1

Daily exercise ideas:

- Boogie Beebies - <https://www.bbc.co.uk/programmes/b006mvsc>

Study:

Create a sporting challenge using items from around your house. Persuade members of your family to take part.

Example:

Skittles – Find cardboard tubes (empty toilet roll / kitchen roll) or empty plastic bottles and set them out in a triangle position. Roll up a pair of socks and take it in turns to roll or throw the socks at the empty objects. How many can you knock down? Take it in turns.

Can you think of your own sporting challenge?

Daily challenge: Round the body

How many times can you pass something around your body in 30seconds?

Equipment:

- *A ball or pair of socks rolled up or a toilet roll!*

Keep a record of your score, can you improve on it throughout the week?

Year 2

Daily exercise ideas:

- Dance with the elements – BBC <https://www.bbc.co.uk/teach/class-clips-video/physical-education--music-ks1-dance-with-the-elements/z7m2y9q>

Study:

Make a diary of what you eat during the day for 1 week. Remember to include what you eat for breakfast, lunch, tea and also what snacks you eat too. Draw pictures to represent the food you eat, don't forget to label your pictures and colour them in.

Daily challenge: Hops

How many hops on one leg can you do in 20seconds?

Equipment:

- *Timer*

Keep a record of your score, can you improve on it throughout the week?

Year 3

Daily exercise ideas:

- Dance with the elements – BBC <https://www.bbc.co.uk/teach/class-clips-video/physical-education--music-ks1-dance-with-the-elements/z7m2y9q>

Study:

Design your own Wibsey Half Marathon running badge. Think about what you would include on your badge. Don't forget to add some colour and maybe a picture or two!

Daily challenge: Clap Catch

How many times can you clap your hands before you catch?

Equipment:

- ***A ball or pair of socks rolled up or a toilet roll!***

Keep a record of your score, can you improve on it throughout the week?

Year 4

Daily exercise ideas:

- KIDS BOP Dance Along – YouTube https://www.youtube.com/watch?v=sHd2s_saYsQ

Study:

Create your own exercise routine. Write down the name and draw a picture of each exercise and colour them in. Don't forget to include how long each exercise should go on for? 10 seconds? 20 seconds? 1 minute? Persuade members of your family to take part. You could take on the role of coach, put them through their paces!!

Daily challenge: Step Ups

How many step ups can you do in 1 minute?

Equipment:

- ***Stairs or a chair or box***
- ***Timer***

Keep a record of your score, can you improve on it throughout the week?

Year 5

Daily exercise ideas:

- KIDS BOP Dance Along – YouTube https://www.youtube.com/watch?v=sHd2s_saYsQ

Study:

Design a water safety poster which could be displayed at the swimming pool at Sedbergh Sports and Leisure Centre. Think carefully about what you would include on your poster, in order to keep visitors to the swimming pool safe. Draw pictures and label them, don't forget to colour the pictures in.

Daily challenge: Round the body

How many times can you pass something around your body in 30seconds?

Equipment:

- ***A ball or pair of socks rolled up or a toilet roll!***

Keep a record of your score, can you improve on it throughout the week?

Year 6

Daily exercise ideas:

- Kids Workout Beginners 1 https://www.youtube.com/watch?v=L_A_HjHZxfI

Study:

Design a new playground for Wibsey Primary School. What sporting equipment or playground equipment would you include? Maybe a running track around the outside or an assault course though the middle – let your imagination run wild!!

Daily challenge: Speed Bounce

How many times can you jump two footed side to side in a minute?

Equipment:

- ***A line or any object you can jump over***
- ***Timer***

Keep a record of your score, can you improve on it throughout the week?