

Physical Education

Year 1

Daily exercise ideas:

- Disney 10minute shake up <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=the-lion-king#shakeups-hub>

Study:

Disney sports quiz <https://www.nhs.uk/change4life/activities/disney-sports-quiz>

Click the link and answer the questions to find out which sports and activities you might enjoy. Find out what your super skill is for example agility – you can change direction quickly and love to dance and dodge. Take part in the ideas suggested and take your super skill to the next level.

Daily challenge: Star Jumps

How many star jumps can you do in 20seconds?

Equipment:

- *Timer*

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

Year 2

Daily exercise ideas:

- Disney 10minute shake up <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=the-lion-king#shakeups-hub>

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: 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 3

Daily exercise ideas:

- Disney 10minute shake up <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=the-lion-king#shakeups-hub>

Study:

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

Daily challenge: Step ups

How many step ups can you do in 30seconds?

Equipment:

- *Stairs, outside step or a chair*

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

Year 4

Daily exercise ideas:

- Just Dance: Dance Workout at Home
https://www.youtube.com/watch?v=L9GhXkZb1Jw&list=PLpy_XRdn544rrObXRdtUiYyY4-HG4LK_f&index=5

Study:

Research your favourite sporting hero. What information can you find out using search engines? Create 10 questions you'd like to ask them.

Daily challenge: Balance

How long can you balance on 1 leg? Try on your right leg then switch to your left.

Equipment:

- *Timer*

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

Year 5

Daily exercise ideas:

- Street Dance Masterclass BBC <https://www.bbc.co.uk/teach/class-clips-video/street-dance-masterclass/zh2vpg8>

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?

Year 6

Daily exercise ideas:

- **Street Dance Masterclass BBC <https://www.bbc.co.uk/teach/class-clips-video/street-dance-masterclass/zh2vpg8>**

Study:

Research sportsmanship, use search engines to help you. What is sportsmanship and why is it important? How could you apply it to your own sport? Create a fact file on your findings.

Daily challenge: One handed catch

How many times can you catch an object with 1 hand in 1 minute? Try with your right hand and then your left.

Equipment:

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

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