

Physical Education

Year 1

Daily exercise ideas:

- Let's get Active - <https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv>

Study:

Can you think of 5 reasons why exercise is good for you? If you're unsure, use search engines or ask members of your family.

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 2

Daily exercise ideas:

- Let's get Active - <https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjhv>

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: Bunny Jumps

How many bunny jumps can you do in 30seconds? Place two hands on a bench or stool and jump side to side making sure both feet go over the bench.

Equipment:

- **Bench or stool (If you do not have a bench or stool place two hands on the floor and jump side to side)**
- **Timer**

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

Year 3

Daily exercise ideas:

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

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: Beanbag throw

How many times can you throw a beanbag into a target in 60seconds? Stand 3 steps back from the target. Collect the beanbag and return to the throwing line to throw again.

Equipment:

- *Timer*
- *Bean bag (if you do not have a beanbag why not roll up a pair of socks instead)*
- *Hoop, basket or any target you can find.*

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

Year 4

Daily exercise ideas:

- Change for life 10minute shake up with Ricky Wilson <https://vimeo.com/132353068>

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: Blockbusters

How many blocker busters can you do in 30seconds? Starting in a press up position, drive your knees back and forth towards your chest as fast as you can

Equipment:

- *Timer*

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

Year 5

Daily exercise ideas:

- Just Dance: Dance Workout at Home
https://www.youtube.com/watch?v=L9GhxxZb1Jw&list=PLpy_XRdn544rrObXRdtUiYyY4-HG4LK_f&index=5

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: Super Slalom Run

How many slalom runs can you complete in 60seconds? Place 3 objects on the floor, 3 steps apart. Run in and out for the objects and back to the start to complete one slalom run.

Equipment:

- ***A safe space for you to run in***
- ***3 objects***
- ***Timer***

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

Year 6

Daily exercise ideas:

- Just Dance: Dance Workout at Home
https://www.youtube.com/watch?v=L9GhxxZb1Jw&list=PLpy_XRdn544rrObXRdtUiYyY4-HG4LK_f&index=5

Study:

A-Z Challenge – Can you name one sport for each letter of the alphabet? I'll start you off...

A - Archery

B - Badminton

Daily challenge: Figure of 8

How many times can you pass a ball through both of your legs in 60seconds using a figure of 8 motion?

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?