

## 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](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=L9GhxkZb1Jw&list=PLpy\\_XRdn544rrObXRdtUiYyY4-HG4LK\\_f&index=5](https://www.youtube.com/watch?v=L9GhxkZb1Jw&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=L9GhxkZb1Jw&list=PLpy\\_XRdn544rrObXRdtUiYyY4-HG4LK\\_f&index=5](https://www.youtube.com/watch?v=L9GhxkZb1Jw&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?***