

Physical Education

Year 1

Daily exercise ideas:

- Lava Zone BBC <https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active-lava-zone-balance-agility-coordination-skills/zdggvk7>

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: Star Jumps

How many star jumps can you do in 20seconds?

Equipment:

- *Timer*

Keep a record of your score, have you made any improvements on your score from week 6?

Year 2

Daily exercise ideas:

- Lava Zone BBC <https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active-lava-zone-balance-agility-coordination-skills/zdggvk7>

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, have you made any improvements on your score from week 6?

Year 3

Daily exercise ideas:

- Mini circuit session (once a day) 10 x star jumps, 10 x hops on one foot, 10 x fast feet, 10 x step ups, 20seconds running on the spot x 1 set

Study:

Research our new topic in PE – Tennis. Find out as much information as you can about Tennis including the rules and the history behind it. Use search engines to help you. Produce a poster or fact file on your findings.

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, have you made any improvements on your score from week 6?

Year 4

Daily exercise ideas:

- Mini circuit session (once a day) 10 x star jumps, 10 x hops on one foot, 20 x fast feet, 10 x step ups, 20seconds running on the spot x 1 set

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: 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, have you made any improvements on your score from week 6?

Year 5

Daily exercise ideas:

- Mini circuit session (once a day) - 10 x star jumps, 10 x hops on one foot, 10 x fast feet, 10 x step ups, 20seconds running on the spot x 2 sets (3mins recovery between sets)

Study:

Research our new topic in PE – Cricket. Find out as much information as you can about cricket including the rules and the history behind it. Use search engines to help you. Produce a poster or fact file on your findings.

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, have you made any improvements on your score from week 6?

Year 6

Daily exercise ideas:

- Mini Circuit session (once a day) - 10 x star jumps, 10 x hops on one foot, 10 x fast feet, 10 x step ups, 20seconds running on the spot x 3 sets (3mins recovery between sets)

Study:

Research our new topic in PE – Cricket. Find out as much information as you can about cricket, including the rules and the history behind it. Use search engines to help you. Produce a poster or 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, have you made any improvements on your score from week 6?