

# Physical Education

## Year 1

### Daily exercise ideas:

- #ThisisPE Yorkshire Sport Foundation – <https://www.yorkshiresport.org/get-active/thisispe/>  
YouTube

### Study:

Design your own Wibsey Primary School PE kit. Don't forget to include the school logo. Add colour and labels to your design.

### *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 8?*

## Year 2

### Daily exercise ideas:

- #ThisisPE Yorkshire Sport Foundation - <https://www.yorkshiresport.org/get-active/thisispe/>  
YouTube

### Study:

Design a poster for sports day. What events would you include? Don't forget to colour and label your pictures.

### *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, have you made any improvements on your score from week 8?*

## Year 3

### Daily exercise ideas:

- #ThisisPE Yorkshire Sport Foundation - <https://www.yorkshiresport.org/get-active/thisispe/>  
YouTube

### 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: 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, have you made any improvements on your score from week 8?*

## Year 4

### Daily exercise ideas:

- Celebrity supply teacher – Marcus Rashford BBC  
<https://www.bbc.co.uk/iplayer/episode/m000jycy/celebrity-supply-teacher-series-1-3-marcus-rashford-pe>

### 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: Block busters*

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

### *Equipment:*

- *Timer*

*Keep a record of your score, have you made any improvements on your score from week 8?*

## Year 5

### Daily exercise ideas:

- Celebrity supply teacher – Marcus Rashford BBC  
<https://www.bbc.co.uk/iplayer/episode/m000jycy/celebrity-supply-teacher-series-1-3-marcus-rashford-pe>

### Study:

Create your own sports day or mini Olympics. Think about different events which could be included. How long would each event last? Split groups into houses or colours (red team, green team, 6.1 / 5.1 etc...) List your sports leaders and give them all roles, for example: *Alexia: chief organiser, Isabelle: chief scorekeeper, Elliott: chief timekeeper, Mahad: chief motivator etc...*

### **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, have you made any improvements on your score from week 8?**

## Year 6

### Daily exercise ideas:

- Celebrity supply teacher – Marcus Rashford BBC  
<https://www.bbc.co.uk/iplayer/episode/m000jycy/celebrity-supply-teacher-series-1-3-marcus-rashford-pe>

### Study:

Create your own sports day or mini Olympics. Think about different events which could be included. How long would each event last? Split groups into houses or colours (red team, green team, 6.1 / 5.1 etc...) List your sports leaders and give them all roles, for example: *Nadia: chief organiser, Gurjap: chief scorekeeper, Arad: chief timekeeper, Narla: chief motivator etc...*

### **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, have you made any improvements on your score from week 8?*