

Physical Education

Year 1

Daily exercise ideas:

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

Study:

BBC Bitesize <https://www.bbc.co.uk/bitesize/topics/z2x3cdm> watch the videos on health, fitness and wellbeing.

Daily challenge: Round the body

How many times can you pass something around your body in 30seconds?

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 5?

Year 2

Daily exercise ideas:

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

Study:

BBC Bitesize <https://www.bbc.co.uk/bitesize/topics/z2x3cdm> watch the videos on health, fitness and wellbeing.

Daily challenge: Hops

How many hops on one leg can you do in 20seconds?

Equipment:

- ***Timer***

Keep a record of your score, have you made any improvements on your score from week 5?

Year 3

Daily exercise ideas:

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

Study:

BBC Bitesize <https://www.bbc.co.uk/bitesize/topics/ztn4d2p> watch the videos on health, fitness and wellbeing.

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 5?

Year 4

Daily exercise ideas:

- #ThisisPE Yorkshire Sport Foundation -
https://www.youtube.com/watch?v=ZtAsj5d2Ryw&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL

Study:

BBC Bitesize <https://www.bbc.co.uk/bitesize/topics/ztn4d2p> watch the videos on health, fitness and wellbeing.

Daily challenge: Step Ups

How many step ups can you do in 1 minute?

Equipment:

- ***Stairs or a chair or box***
- ***Timer***

Keep a record of your score, have you made any improvements on your score from week 5?

Year 5

Daily exercise ideas:

- #ThisisPE Yorkshire Sport Foundation - https://www.youtube.com/watch?v=ZtASj5d2Ryw&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL

Study:

BBC Bitesize <https://www.bbc.co.uk/bitesize/topics/ztn4d2p> watch the videos on health, fitness and wellbeing.

Daily challenge: Round the body

How many times can you pass something around your body in 30seconds?

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 5?

Year 6

Daily exercise ideas:

- #ThisisPE Yorkshire Sport Foundation - https://www.youtube.com/watch?v=ZtASj5d2Ryw&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL

Study:

BBC Bitesize <https://www.bbc.co.uk/bitesize/topics/ztn4d2p> watch the videos on health, fitness and wellbeing.

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 5?