

# Physical Education

## Year 1

### Daily exercise ideas:

- Seated dance with Tina Heeley part 1 – <https://www.youtube.com/watch?v=6yDE9SmOMbA>

### Study:

BBC Bitesize – watch the video clips on dance from other cultures:

<https://www.bbc.co.uk/bitesize/topics/zdjnvcw/resources/1> - can you perform any of the moves?

Watch the video clips on movement skills: <https://www.bbc.co.uk/bitesize/topics/zhn4d2p>

### ***Daily challenge: Super Slalom Run***

***How many slalom runs can you complete in 30seconds? Place 3 objects on the floor, 3 steps apart. Run in and out of 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 2

### Daily exercise ideas:

- Seated dance with Tina Heeley part 1 – <https://www.youtube.com/watch?v=6yDE9SmOMbA>

### Study:

BBC Bitesize – watch the video clips on dance from other cultures:

<https://www.bbc.co.uk/bitesize/topics/zdjnvcw/resources/1> - can you perform any of the moves?

Watch the video clips on movement skills: <https://www.bbc.co.uk/bitesize/topics/zhn4d2p>

### ***Daily challenge: Super Slalom Run***

***How many slalom runs can you complete in 30seconds? Place 3 objects on the floor, 3 steps apart. Run in and out of 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 3**

**Daily exercise ideas:**

- Seated dance with Tina Heeley part 1 – <https://www.youtube.com/watch?v=6yDE9SmOMbA>

**Study:**

BBC Bitesize – watch the video clips on dance from other cultures:

<https://www.bbc.co.uk/bitesize/topics/zdinvcw/resources/1> - can you perform any of the moves?

Watch the video clips on movement skills: <https://www.bbc.co.uk/bitesize/topics/zhn4d2p>

**Daily challenge: Balance**

*How long can you balance on one leg? When you lose your balance and your foot touches the floor, stop your timer.*

**Equipment:**

- *Timer*

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

### **Year 4**

**Daily exercise ideas:**

- Mr Staups – PE lessons at home no. 1 [https://www.youtube.com/watch?v=FQNi\\_WBNhul](https://www.youtube.com/watch?v=FQNi_WBNhul)

**Study:**

BBC Bitesize - <https://www.bbc.co.uk/bitesize/subjects/zj6pyrd> watch the video clips on activities, sport and dance.

**Daily challenge: Star Jumps**

*How many star jumps can you do in 30seconds?*

**Equipment:**

- *Timer*

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

## **Year 5**

### **Daily exercise ideas:**

- Mr Staups – PE lessons at home no. 1 [https://www.youtube.com/watch?v=FQNi\\_WBNhul](https://www.youtube.com/watch?v=FQNi_WBNhul)

### **Study:**

BBC Bitesize - <https://www.bbc.co.uk/bitesize/subjects/zj6pyrd> watch the video clips on activities, sport and dance.

### ***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, can you improve on it throughout the week?***

## **Year 6**

### **Daily exercise ideas:**

- Mr Staups – PE lessons at home no. 1 [https://www.youtube.com/watch?v=FQNi\\_WBNhul](https://www.youtube.com/watch?v=FQNi_WBNhul)

### **Study:**

BBC Bitesize - <https://www.bbc.co.uk/bitesize/subjects/zj6pyrd> watch the video clips on activities, sport and dance.

### ***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, can you improve on it throughout the week?***