





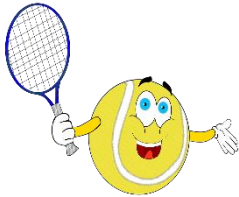






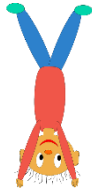

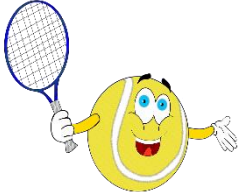







Gargieston PE Home Learning – below are a selection of exercises and skills for you to practise at home. Test your ability in each activity and see if you improve over the next few weeks. You can adapt the targets to suit your own needs.

<p>Jog for 2 minutes, walk for 1 minute and repeat 1,2 or 3 times to improve your stamina. Remember to breathe in your nose and out your mouth and jog... slowly</p> 	<p>Complete this mini fitness circuit. Work for 30 secs/1 min and rest for 1 min.</p> <p>March on spot Jumping jacks Squats Sit ups/crunches Line jumps – sides and forwards and back.</p> 	<p>Ball Skills Pass the ball around your waist, knees, head.</p> <p>Feet apart... Roll or pass the ball through your legs in a figure 8.</p> <p>Bounce and catch ball between legs 1 hand in front 1 hand behind.... Change hands</p>  <p>after each bounce. Try it without a bounce.</p>	<p>Create a short dance sequence and get someone to video it.</p>  	<p>Can you balance on 1 leg for 10/20/30 seconds or longer? Repeat on other leg.</p>
<p>Football Toe taps - ball in front tap the ball with alternate feet. How many taps in 30 secs?</p> <p>Keepie uppie - How many times can you touch the ball whilst its in the air using your feet, thighs or chest?</p> 	<p>Racket Sports Keepie uppie – Using a racket, tray, hardback book and small ball, shuttle, rolled up socks... How many times can you hit the ball and keep it in the air.... add a bounce to simplify.</p> 	<p>Skipping Practice skipping, get someone to help you if you are learning. How many skips can you do? See if you can beat your score. How many skips can you do in 60 seconds?</p> 	<p>Gymnastics Can you balance in a shoulderstand for 10/20/30 secs?</p> 	<p>Bounce Ball Can you bounce/dribble the ball (hip height) with the palm of your hand and swap hands. How many bounces can you do in 1 minute? Can you bounce the ball to the rhythm of a song?</p> 

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<p>Go for a 10, 20 or 30 minute walk to improve your physical and mental health and wellbeing.</p>  <p>shutterstock - 54738379</p>	<p>Complete this mini fitness circuit. Work for 30 secs/1 min and rest for 1 min.</p> <p>Jog with high knees Jog with heel kicks Wall sit in a squat position Plank Shuttle run between 2 markers Jumping twists</p> 	<p>Roll a dice basketball </p> <ol style="list-style-type: none"> 1 Throw and catch ball x 10,20,30 2 Chest pass against wall x 10,20,30 3 Bounce pass against wall x 10,20,30 4 Dribble ball using R and L hand x 10,20,30 5 Dribble ball between legs x 10 6 Shoot ball into hoop, bin, box, wash basket 	<p>Gymnastics</p> <p>Can you perform a handstand against a wall or a door. Hands shoulder width apart, keep a strong straight balance, legs together and look at fingers... Kick up 1 leg at a time come down in reverse 1 leg at a time.</p> 	<p>Football</p> <p>Can you dribble the ball with your feet through a zig zag course (socks make great cones). Can you kick the ball against the wall and count how many kicks? Kick high and low. Use both feet. Can you kick the ball and hit a target on the wall? Beat the goalie...</p> 
<p>Racket Sports Using a racket, tray, hardback book and small ball, shuttle, rolled up socks... How many times can you hit the ball and keep it in the air... Using forehand and backhand shots</p> <p>Can you serve the ball and aim for a target eg bin, box, line on wall etc</p> 	<p>Standing Long Jump</p> <p>Get 2 markers and a tape measure...use a rope, piece of string, wool, tie, etc.</p> <p>Get ready...like a skier...swing arms forwards and back in preparation (not your hips). Push off on 2 feet using legs and arms and land on 2 feet. Measure distance from the furthest point back...probably your heels...</p> 	<p>Ball Skills</p> <p>Can you Roll a ball through goals x 10,20,30 Throw and catch a ball x 10,20,30 Throw, clap and catch a ball...how many times? Bounce a ball no higher than hip x 10,20,30 Kick a ball through goals x 10,20,30 Shoot with hands and score in hoop, bin, box, wash basket.</p> 	<p>Roll a dice fitness </p> <ol style="list-style-type: none"> 1 Jumping jacks x 10,20,30 2 Sit ups or crunches x 10,20,30 3 Push ups form knees/feet x 10,20,30 4 Jog on spot for 30 secs/1 min 5 Hops on each foot 5,10,15 6 Squats x 10,20,30 	<p>Dance/Gymnastics</p> <p>Create a gymnastics sequence using rolling, jumping, balancing and hands and feet skills.</p> <p>Create a dance sequence using travelling, stillness, jumping, arm movements, facial expression to your favourite piece of music.</p> <p>Video and share.</p> 

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