



St Catherine's Primary School
Home Learning









Level: Early Teacher: Miss Owens

Health and Wellbeing (PE)









Fitness Challenge 1

Complete each exercise for 1 minute, record how many you manage to do in that time and try to improve your score each day.
Good luck!

	 Full Body Rock Paper Scissors	 Star Jumps	 Arm Circles	 High Knees	 Toe Touches	 Leap Frog
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Fitness Challenge 2

Complete each exercise for 1 minute, record how many you manage to do in that time and try to improve your score each day.
Good luck!

	 Hopping	 Marching	 Rowing	 Frog Jumps	 Push Ups	 Tuck Jumps
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Useful Websites

GoNoodle (Download the GoNoodle app) <https://app.gonoodle.com/login>

Cosmic Kids Yoga (Fun yoga and mindfulness videos) <https://www.cosmickids.com>

Jump Start Jonny (Free videos on the website) <https://www.jumpstartjonny.co.uk/home>

The Body Coach TV YouTube Channel (Schools Fitness Week)

https://www.youtube.com/results?search_query=the+body+coach+schools+fitness+week

Just Dance YouTube Workouts

https://www.youtube.com/results?search_query=just+dance