



St Catherine's Primary School
Home Learning



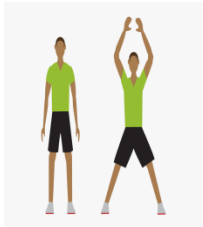





Level: First Teacher: Miss Owens

Health and Wellbeing (PE)



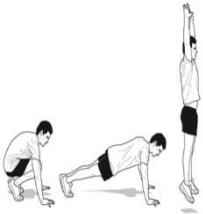



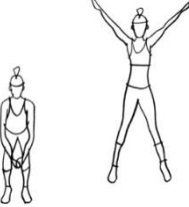

Fitness Challenge 1

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!

	 Jumping Jacks	 Toe Touches	 High Knees	 Squats	 Mountain Climbers	 High Kicks
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!

	 <p style="text-align: center;">Burpees</p>	 <p style="text-align: center;">Shoulder Taps</p>	 <p style="text-align: center;">Sit Ups</p>	 <p style="text-align: center;">Lunges</p>	 <p style="text-align: center;">Star Jumps</p>	 <p style="text-align: center;">Knee Push Ups</p>
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