



St Catherine's Primary School



Home Learning

Level: Second

Teacher: Miss Owens

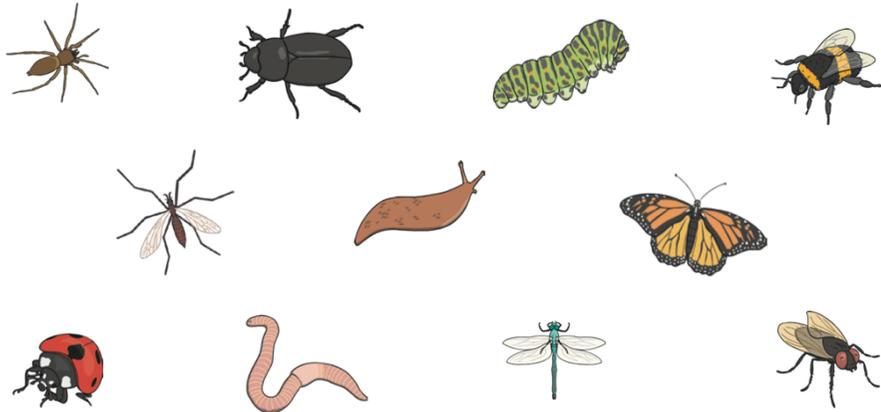


Health and Wellbeing (PE 3)

Complete at least one PE challenge each day and remember to tick off the challenges as you do them to help you keep track of your progress. You could even send some pictures or videos of you completing the PE challenges to your class teacher on Seesaw. Good luck boys and girls!

Challenge 1 – Minibeast Walk

Spend some time outside by going for a walk with a parent or guardian. Can you spot some minibeasts? Why don't you take pictures of the minibeasts you find and do some research on them when you get home?



Challenge 2 – Gymnastics Balances

1. Can you hold a balance with only 1 body part on the floor?
Try to hold balances for 7 seconds.
2. Can you hold a balance with 2 body parts on the floor?
3. Can you hold a balance with 3 body parts on the floor?
4. Can you hold a balance with 4 body parts on the floor?
5. Can you hold a balance with 5 body parts on the floor?
6. Can you make wide, tall and small shapes with your body?
7. How many letters of the alphabet can you make with your body? If a letter is really tricky, ask a family member to help you.
8. Can you link 8-10 balances together to create a balancing sequence?



Challenge 3 – 10 Minute HIIT Workout

Complete this 10-minute HIIT workout (high intensity interval training) to help improve your fitness. Why not play some of your favourite songs while you are exercising to spur you on? Follow the link below to take you to the YouTube video.

<https://www.youtube.com/watch?v=kAXg3cMoUCw>



Challenge 4 – Socks in the Box

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from the box. Players run, match up a pair of socks and place them in the box. Count how many you manage to get in the box after 60 seconds and then try to beat your score each time.



Equipment

Socks and a box

Don't worry if you don't have a box! Use a washing basket, a bowl, a bag or anything else in your home that's suitable.

Achieve Gold (20 pairs of socks)



Achieve Silver (15 pairs of socks)



Achieve Bronze (10 pairs of socks)



Challenge 5 – Spell Your Workout

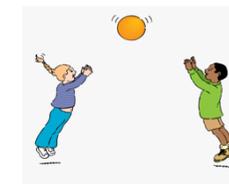
Spell your name, a family member's name, a tricky spelling word or any word of your choice. For each letter do the exercise listed below.

A	20 jumping jacks	N	Pretend to jump rope for 40 seconds
B	16 push ups	O	Running and punching for 30 seconds
C	10 burpees	P	Dance for 1 minute
D	40 high knees	Q	24 high kicks
E	14 sit ups	R	16 frog jumps
F	20 mountain climbers	S	Jog on the spot for 40 seconds
G	10 squats	T	20 butt kicks
H	20 front lunges	U	22 shoulder taps
I	20 side lunges	V	Basketball throws for 30 seconds
J	Wall sit for 30 seconds	W	18 star jumps
K	12 calf raises	X	28 arm circles
L	Hold the plank for 30 seconds	Y	Run to the nearest door and back 8 times
M	6 squat jumps	Z	26 kangaroo jumps from left to right

Challenge 6 – Throwing and Catching

Work on your throwing and catching skills by playing these fun games with someone in your household.

Follow the link below to take you to the YouTube video and try to complete **Build 1, Build 2 and Build 3**.
<https://www.youtube.com/watch?v=7q2lx8TN8LE&t=4s>



Equipment

Game 1: A ball and a hula hoop

Use a piece of cardboard or paper if you don't have a hula hoop

Game 2: A ball

Use a beanbag, a cuddly toy, a scarf or other homemade alternative if you don't have a ball

Challenge 7 – Speed Bounce

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count. Count how many you manage to do in 60 seconds and then try to beat your score each time.



Equipment

A pillow

Jump over a safe object if you do not have a pillow

Achieve Gold (70 bounces)



Achieve Silver (50 bounces)



Achieve Bronze (30 bounces)



Challenge 9 – Speed Snaps

Work on your speed, stamina, focus, communication and creativity by playing ‘Speed Snaps’ which is a game from Glasgow’s PEPASS Team (Physical Education, Physical Activity and School Sport). Follow the link below to take you to PEPASS’ YouTube video.

1. Play the main game with someone in your household.
2. Complete the extension tasks (addition and subtraction games).
3. Try to make it even harder by multiplying the cards together.

<https://www.youtube.com/watch?v=1BrCit4e-1s>

Equipment

A pack of playing cards/snap cards or even make your own cards



Challenge 8 – Couch Island (Balancing)



Equipment

Pillows, towels, cuddly toys, a couch and a stopwatch



With a parent or guardian’s permission, create a trail leading to a couch in your house by placing all equipment on the floor (it is your choice how long or short the trail is).

Start by standing on a piece of equipment and make your way to the couch without falling off the objects as you are pretending the floor is water. If you fall off, you must restart the trail. Time yourself to see how long it takes and then try to beat your time.



Challenge 10 – Aerobics Routine

Create your own aerobics routine with 6-8 different actions. For example, jogging on the spot, circling your arms, jumping jacks, punching to the side, leg curls and high kicks.



Perform each action to a count of 16 to music and repeat until the song is finished.

Why don’t you teach a family member your routine and then exercise together to the music?



