






Activities can be adapted if you don't have equipment.

Monthly P.E. Calendar (remote learning for P4-P7)

Monday Active Athletics (speed bounce)	 Tuesday Fab Fitness (circuit 1)	Wednesday Fun Football (dribbling)	Thursday No ball needed Netball (footwork)	Friday Rugby round up (target pass)	Saturday Walk a winter mile (stay safe)	 Sunday Go again! Pick your favourite from this week's activities
Monday Dance Robert Burns Jig	Tuesday Stretch for Swimming (front crawl fitness)	Wednesday Go for Gymnastics (make a routine)	Thursday Fab Fitness (circuit 2)	 Friday Basketball Bounce (rhythm challenge)	Saturday Golf or Go again! Pick a favourite	 Sunday Athletics challenge (dress up)
 Monday Scavenger Hunt (Inside or outside)	 Tuesday Fab Fitness (lamp post run)	Wednesday ball is needed Netball (ball skills)	Thursday Active Athletics (vertical jump)	 Friday Fun Football (keepie uppies)	Saturday Aerobics or Go again! Pick a favourite	Sunday Table Tennis (No bats required)
 Monday Sweat for Swimming (No pool, no problem)	 Tuesday It's Dance day (dance routine)	Wednesday Basketball Bounce (dribble & catch)	 Thursday Rugby round up (home fitness)	Friday Go for Gymnastics (name game)	Saturday Handball (Ball handling skills)	 Sunday Badminton or Go again! pick a favourite

Active Athletics – Speed Bounce

- How many times can you jump from side to side with your feet together in **20** seconds?
- Count how many then try and beat your score, or challenge your family...

Extra challenges

20 seconds too easy, see if you can go for **30** seconds

Equipment

Something soft to jump over

- a rolled-up blanket or towel
- a small cushion
- a cuddly toy.



Fab Fitness - Circuit 1

Clear a safe place in your house or garden.

- Perform each exercise for **30** secs.
- Rest for **30** secs between each exercise.
- Repeat the circuit.

1 – Burpees
(down, out, in, up)

3 – Heel flicks (Flick your heels up to your bottom)

5 – Plank (Hold a plank shape resting on toes and forearms)

2 – Arm Circles (small circles with arms stretched out wide)

4 – Lunges (Lunge forward then step back, switch leg)



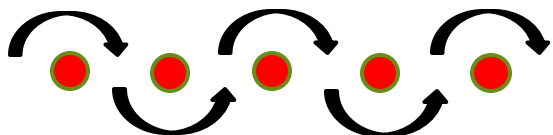
Challenge

- Can you perform each exercise for **35, 40** or **45** secs?
- Rest for only **25, 20** or **15** secs between each exercise.
- Can you do **3, 4** or **5** circuits?

Fun Football - Dribbling

Clear a safe place in the house, garden or park.

Place five objects in a line, maybe tins of food, cushions or teddies.



Dribble a ball, making a zig-zag pattern through the five objects and back.

You can use any size of ball. You can even use an old newspaper crunched into a ball.

Try dribbling with

- your right foot
- your left foot
- both feet

Beginner – walk as you dribble.

Progression – jog at a slow pace as you dribble. When you feel more confident gradually get a little faster.

Expert – time how long it takes you to complete the course. Try to beat your fastest time.

For fun – are you faster than a member of your household?



No ball needed- Netball-footwork

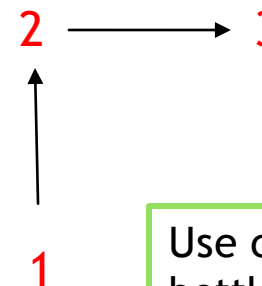
Complete each activity for 30s or 60s. Repeat the circuit 3 or 4 times.

1 – Fast feet

Find or make a line.
Step forward and backward or side to side over the line at a fast pace.

2 – L shape right

- Start at cone 1
- Run out as fast as you can to cone 2
- Sidestep out to cone 3
- Sidestep back to cone 2
- Back pedal back to cone 1



Use cans of food, water bottles or shoes instead of cones.

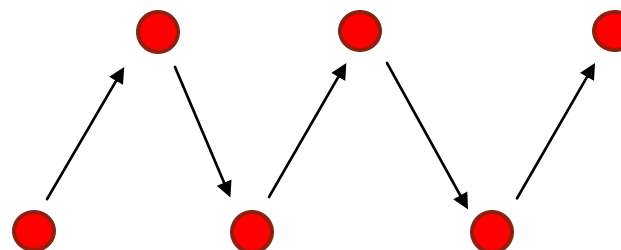
3 – Netball Hops

- Start behind a line – nice and balanced on 2 feet.
- Jump forward and land on one foot – hold the balance for 3 seconds.
- Hop forward and land on the other foot – hold that balance for 3 seconds.



4 – Zig Zag

- Run to each cone at speed (diagram)
- At each cone, lean on your outside foot to change direction.
- Jog back to the start.



Rugby round up- Target Pass

Indoors (use soft balls/a pair of socks/a balloon)

- Place a chair about 5 metres away and go onto your knees.
- With your left side facing the chair practise underarm side passes to get the ball to hit the chair.
- After 5 attempts swap to your right side facing the chair.

Outdoors

- Target pass with a family member or use a bin as a target.
- Move further away from each other (or the target) to make it more challenging.

Extra Challenge

- Place the chair further behind you so that you have to twist your body more before passing.
- How many passes can you do in 1 minute?
- Try different sizes and shapes of balls, use pairs of socks, soft toys, a balloon!!!



Walk a winter mile- stay safe



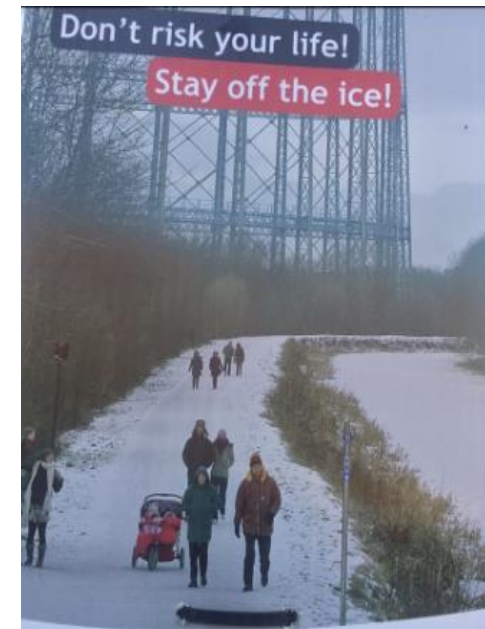
ICE, ICE, BABY



When out walking with a member of your household, or playing on your bike, your scooter or going to play in the park, remember to stay off frozen ponds, canals and lochs.



**DON'T RISK YOUR LIFE!
STAY OFF THE ICE!**





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Go Again!
Pick your favourite
from this week's
activities.



BENCH TRICEP DIPS



Dance- Robert Burns Jig

Find a space in your house where you have room to move forward, to the side and in a circle.

First...try these Scottish Country Dance steps, one at a time, for 16 counts each.

1 Slip step – sidestep in a circle for 8 counts and back for 8 counts to bring you back to where you started.

2 Heel toe – touch the floor with your right heel then right toes x 2, walk forward, right, left, right and turn back to face where you have come from. Repeat with left foot this time – heel, toe, heel, toe, walk, 2, 3, turn.

3 Pas de Basque – step to the right on your right foot and dig with the left then change weight to right foot. Repeat to the left bringing you back to your starting position x 2.

4 Skip change of step – gallop forward for two counts right foot leading, then left foot leading x 4. If you can, try to make a figure of 8 pattern.



Next...

Now join all the steps together and repeat the sequence 2, 3 or 4 times

Finally...

Teach the dance to a member of your household and perform it with them.



Music

Any Scottish country dance or
Cotton Eye Joe by Rednex.

Stretch for Swimming- front crawl fitness



1 10 Sumo Squats

Feet wide, bend knees until your knees are positioned over toes, hold for 3 seconds and stand **Try 3 sets of 10**

2 10 Split Squat

One foot forward and other back and bend the back knee until it's almost touching the floor and Rise. Repeat on other leg.

Try 3 sets of 10

3 10 Diving Swings

In squat position leaning forward, swing both arms forward/back

Try 3 sets of 10

Alternate the arms forward/back for an additional exercise. **Try 3 sets of 10**

4. Flutter Kick

Lie on back and tighten tummy muscles as you lift your shoulders slightly off the floor. Lifting your feet slightly off the floor, point your toes and kick your feet alternately as fast as you can.

10 seconds kicking, 10 seconds rest. Repeat 3 times.

Find a space to do your workout and put on your favourite music to make it fun!



For an extended workout watch the video on the following link:
<https://youtu.be/HoUAynXV>

Go for Gymnastics- make a routine

- **Make sure you have plenty of room and adult supervision**
- Make up a gymnastics routine on grass, soft floor or a mat.
- Must choose one action from jump and balance categories, the rest from skills.
- **Beginner** 5 moves
- **Intermediate** 7 moves
- **Expert** 10 moves (2 jumps and 2 balances, the rest skills)

Work at your own skill level, picking suitable skills for your ability.

Jumps

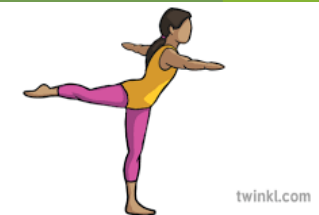
Tuck
Straight star
Straddle
Pike
Split
Half turn
Full turn

Balances

One leg up (knee up)
One leg to side
Arabesque (see pic)
Headstand
Shoulder balance
Y-balance

Skills

Forward roll
Forward roll straddle
Teddy bear roll
Backwards roll
Handstand or handstand f/roll
Tucked handstand
Cartwheel or 2 connected
Bridge or bridge kick over
Splits
Walkover (front or back)
Round off



Fab Fitness - Circuit 2

Clear a safe place in your house or garden.

- Perform each exercise for **30** secs.
- Rest for **30** secs between each exercise.
- Repeat the circuit.

1 – High knees lift your knees quickly in front of you

2 – Sit ups lie on floor, bent knees, feet flat, use stomach muscles to pull up

3 – Tricep dips see image, use arms to lower down and back up

4 – Mountain climbers hands on floor, bring one knee at a time up to chest

5 – Wall sit pretend to sit on a chair, back flat against the wall



BENCH TRICEP DIPS



Extra Challenge

- Can you perform each exercise for **35, 40** or **45** secs?
- Rest for only **25, 20** or **15** secs between each exercise.
- Can you do **3, 4** or **5** circuits?

Basketball Bounce Rhythm Challenge

Activity

- Play a favourite song and bounce a ball in time with the beat of the music.
- Pass the ball round your waist in time to the beat
- Make a figure of eight through legs, hitting the beat when the ball touches one hand.



Adaptations and tips

- Use a different size of ball (bigger or smaller)
- Start with a slower song then change to a faster song to increase the challenge.

Challenge

- Can you work with a partner passing the ball on the beat; chest pass, bounce pass, one handed pass.
- Partner throws ball for volley return with inside of foot.
- Introduce movement - step forward to deliver a chest pass, hop on one foot while passing to the beat, run on the spot while passing to the beat.

Golf- Putting Challenge

Equipment

Golf ball and putter, hula hoop
If no hula hoop use something else as a target

Putt the golf ball into a hula hoop from a starting point.

- **Beginner** - Putt golf ball from 1 metre (1m) from starting point.
- **Progression** – Putt golf ball from 2m, then 3m from starting point.
- **Expert** – Putt Golf ball into smaller target. Try and putt the ball to land on a piece of A4 paper.

Challenge someone in your house-10 putts each
Who will get the most putts into the target!



Athletics Challenge – dress up

Call the fashion police!

It's time to find all those weird clothes lurking in the back of the wardrobes.

You need:

- Two boxes/baskets
- Lots of old dress up clothes
- String for a start/finish line
- You can play this 1v1 or in larger team depending on household numbers.

How to play:

- Lay the string across the floor, this can be the start/finish line.
- Fill each box with the same number of clothes. (6 things per box)
- Sort out 1v1 or teams.
- **Start** - run to the box, put everything on over your clothes. All zips, buttons, Velcro and laces must be done up. Then take it all off again, quickly, and dash back to the finish line.
- If you have teams then tag the next player
- The first person/team that finishes wins!

Start / finish line



boxes of clothes



Scavenger Hunt- inside

Set a 10 minute time limit

Find these 10 items around the house

- A spoon
- A pair of blue socks
- A pair of glasses
- A rubber band
- Something red
- A key
- A pencil
- A right shoe
- A book
- A cuddly toy



Make up your own scavenger hunt.

Place items around the house, create a map where the items are.

Challenge someone in your house to use the map to find the items - set a time limit!

Scavenger Hunt- outside

Go out for a walk and **LOOK** for these items

- Berries on a branch
- A leafless tree
- Animal tracks
- A squirrel
- Something the same colour as your jacket



Go out for a walk and **COLLECT** these items

- A stone smaller than a pound coin
- A twig shaped like a Y
- Something the same colour as your socks
- Something that starts with the first letter of your name.
- 3 leaves.

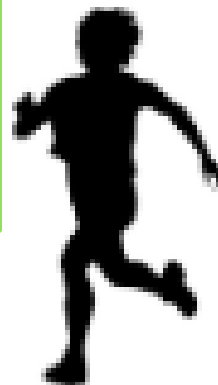


Extra challenge- Set a time limit



Fab Fitness – Lamp Post Run

- Go outside with a member of your household.
- Walk from one lamp post to the next then jog to the next lamp post.
- Keep this pattern of walking and jogging between lamp posts for **10** minutes.
- **Be careful when crossing roads.**



Challenge

If you have a good level of fitness you may want to jog and sprint between lamp posts.

Increase the time you are active for to **20** or **30** minutes.

Good luck.



Netball- ball skills

Complete each activity for 30s or 60s. Repeat the circuit 3 or 4 times.

1 - Wall Taps



- Stand close to a wall facing it.
- Feet shoulder width apart.
- Hold ball above head and using fingertips, bounce the ball off the wall with quick, fast bounces.
- Try moving the ball in a clockwise or anti clockwise direction.

Any ball can be used. If you don't have a ball, use a balloon

2 - Passing (right hand)

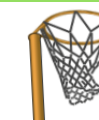


- Stand about one metre from the wall
- With the ball in your right hand, bring up to shoulder height
- Use the left hand to balance
- When throwing, step forward with the left leg
- Catch with 2 hands

3 - Passing (left hand)

Now try with your left hand

4 - Shooting



- Stand feet shoulder width apart.
- Hold ball above head, using whatever hand feels comfortable. Make sure to have ball balanced in fingers rather than rolling about in palm of hand.
- Use other hand to support the ball
- When shooting, start by bending the knees and push up, lifting the ball and flicking the wrist at the end – think swan neck
- Fingers pointing the way you want the ball to go.

Active Athletics- Vertical Jump

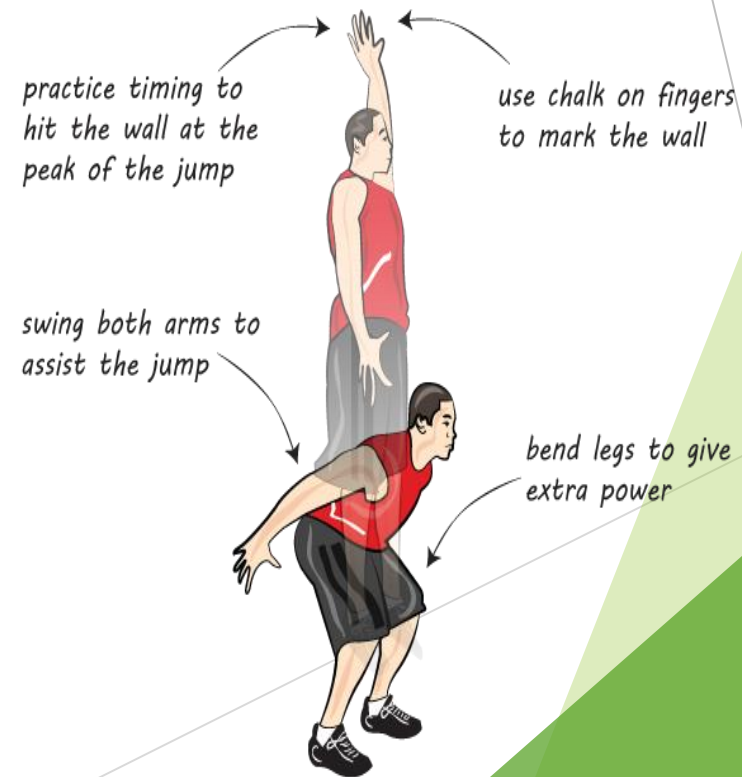
Measure your 'stand reach' by standing sideways against the wall with your hand vertically above you and measure the tip of your finger.

Test

- Squat down and reach your arms behind you.
- Using both hands to jump as high as you can, mark the wall with chalk or stick the post-it note on it
- Repeat a couple times.
- Measure how high you jumped up.
- Now subtract your stand reach compared to your jumping reach to see your vertical jump.

You will need

- Chalk or
- Post it notes
- Measuring tape





Fun Football- keepy-uppies

You will need a clear space in your garden or a park and a football for this challenge.

- How many times can you touch a football with your feet, thigh or chest whilst keeping the ball in the air between touches?
- Can you beat your score?
- Can you beat a member of your household?



BEGINNER – allow one bounce between each touch.

PROGRESSION – no bounce between each touch.

EXPERT – use both the right and the left-hand side of your body.

Get a member of your household to time how long you can do keepy- uppies for.

Try again the next day and the next and compare your numbers.

Fun Fitness – Aerobic Workout

- Find a space in your house where you can move forward and to the side.
- Put on some music while you work out.
- Complete each skill 2 or 3 times.

1 – March on the spot x8 – Swing your arms and lift your knees high.

4 – Heel kick with pull down x8 – both arms above your head, as you bring heel to bottom pull opposite arm down to shoulder then switch.



2 – Walk forward x4 then back x4 - on the 4th count add a clap

5 – Lunge to left and back x8 – stretch arms wide for balance, left knee bends, push back.

7 – Box step with punch - Same as the last move but start on your left foot first.

8 – Lunge to right and back x8 – stretch arms wide for balance, right knee bends, push back.

3 – Elbow to knee x 8 - touch opposite elbow to knee x8 each.

6 – Box step with 2 handed punch – step forward and wide with right foot then left, step back with right foot then left. Punch forward opposite hand to foot on each movement.

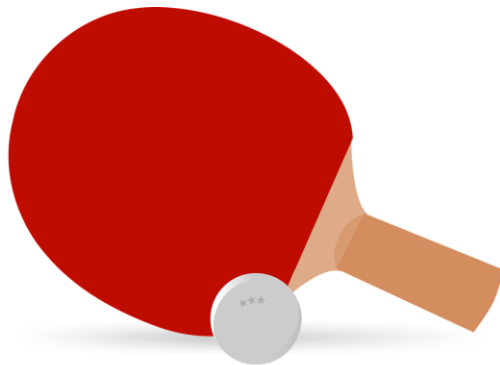
9 – Heel kick with bicep curl x8 – heel to bottom, opposite arm curls and switch side.



Table Tennis- no bats required! Hand Ping Pong

What you need:

- A ping pong ball, a bouncy ball or a balloon
- Something to make a net (or draw a chalk line as a net)
- A table



How to play:

- Set up your net; you can make one with two cans, a bit of string and some sticky tape
- Choose who gets to start, then serve by hitting the ball/balloon with your hand so it bounces once on your side of the net and over to land on your opponent's side
- Your opponent hits the ball back to you. Then you return it to them, make sure it only bounces on the table once before you hit it.
- When one of you misses (like the ball bounces more than once or it goes off the table) the other person gets a point. Now it's your opponent's turn to serve. The first person to get to 20 points wins.

Sweat for Swimming- no pool, no problem

Joining all of Glasgow swimming pools together is over a $\frac{1}{4}$ of a mile long!!

Task 1

Walk or run $\frac{1}{4}$ mile

Task 2

Instead of...

10 x 25m front crawl
10 x 25m back crawl
10 x 25m breast stroke

Swap for...

10 x 10m shuttle runs
10 x 10m side stepping
10 x 10m skipping



Extra Challenge

- Time yourself doing task 2, can you beat your time tomorrow?
- Challenge others in your house, who will have the fastest time?





It's Dance Day 'Boss the Walk' dance routine

The Routine

- 4 marches on the spot
 - Step to right side & clap
 - Step to left side & clap
 - Repeat twice
- Step onto Right foot and spin fully then clap 2x
 - 4 small jumps on the spot and punch Right hand high 4x
 - Step onto Left foot and spin fully then clap 2x
 - 4 small jumps on the spot and punch Left hand high 4x
- Jump feet wide and stretch arms to the high corners
 - Wrap arms around waist
 - Open arms again to the corners then lower to sides of body quickly.
- 4 walks forward
 - Kick Right foot forward and place it down
 - Stretch upward, reaching Left arm up high
 - Drop to floor in tuck position & hold 2 counts & uncurl to stand.

Tips for Learning the dance

- Practice without music to begin
- Practice each section separately until you can perform it easily
- Practice each section with music (**Lady Gaga's "Stupid Love"**)
- Practice the whole routine with music.

Extended task:

1. Perform the routine twice through without stopping.
2. Create your own section of dance and add it into the routine.



Basketball bounce- dribble and catch

Set up (diagram)

- Stand opposite a wall or a partner with a basketball or bouncy ball in one hand and a tennis ball or smaller bouncy ball in the other.
- Dribble (bounce) the basketball with one hand (yellow line) and throw the tennis ball with the other hand (red line) to your partner or wall and receive it back catching it.



Extra difficult challenge

- Throw and catch the tennis ball on opposite hands changing the basketball side at the same time.

Equipment

- Basketball or bouncy ball, tennis ball or small ball, partner or a wall.



Rugby round up- home fitness

Fitness Challenge

- Find some safe space inside or outside. Take a rugby ball, if you don't have one, you can use any ball or even some rolled up socks.
- Place the ball on the floor in front of you. Get into a press up position facing the ball-two hands shoulder width apart on the floor, feet together, legs and back straight, facing forwards.(To make it easier, start on your knees)
- Perform 3 press ups (bend arms until chest is 5cm from the floor, then push until your arms are straight).
- Stand up, jump over the ball, turn and face the ball and return to press up position.

Repeat as many times as you can.



Progressions

- How many can you do in one minute?
- Change the exercise- do star jumps or sit ups.
- Try challenging a family member or work as a team to see how many you can collectively do in 3 minutes.

Go for Gymnastics- name game

- Spell out your full name & complete the activity listed for each letter
- Include your middle name and repeat 2 or 3 times
- Spell out your favourite gymnastics word e.g. cartwheel



A - 10 Burpees
B – 20 Calf Raises
C - 30 second Star Jumps
D - 10 Press ups
E – 1 minute Running on Spot
F - 15 Sit ups
G – 20 second Plank hold
H – 30 second Box Split
I – 45 second Wall Sit
J - 10 V-Sits
K – 20 Mountain Climbers
L – 30 second Bridge hold
M – 20 second left leg Split hold

N – 20 Squat Jumps
O - 10 Press ups
P – 15 second Pike Fold
Q – 20 Mountain Climbers
R – 25 Australian Press ups
S – 1 minute Running on spot
T - 10 Straddle v-sits
U – 20 Squat Start
V – 30 second Box Split
W – 20 second right leg Split hold
X – 10 Arch Rocks
Y – 20 second Plank hold
Z - 10 Burpees



Handball- Ball Handling Skills

The Challenge... Figure of 8

- Stand feet a little wider than shoulder width apart
- Ball in hand
- Guide the ball through the legs in a figure of 8 shape.
- Think through the front and round the back

Level up...

- Try keeping your head and eyes up. Don't watch the ball!

Competition time...

How many times can you complete a figure of 8 in 30 seconds or 1 minute?

What you need....

- A ball
- If you don't have a ball, a pair of rolled up socks or something you can pass round your legs will work

Extra challenge....

- Try passing the ball around different parts of your body – waist, legs, head
- Try starting at the top and working your way down and then back up



Badminton Target Challenge

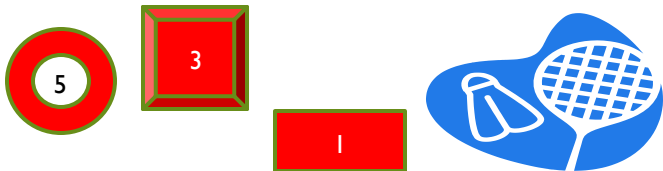
Using a badminton racket and shuttle – see if you can hit the shuttle into the targets

Set up

3 items that you can land a shuttle in e.g.

- Bowl
- Pan
- Shoe box

Set them up as below diagram & decide how many points you will get for landing shuttle into it.



Challenge

- Can you get the shuttle in all 3 targets?
- How many points can you get in a minute?
- How long to get to 20 points, 40 points, 60 points?

Adaptations and tips

If you don't have equipment, then use

- rolled up socks
- cuddly toy
- crunched up piece of paper

Make the target area bigger (easier) or smaller (harder)

Use underarm throw like a serve.

