



COYLTON PRIMARY SCHOOL: PE GRID



Assault Course

Create a fun obstacle course in your back garden. Time yourself and compete against your family.

Can you make it speed and agility based?



Bowling

Use empty cans, bottles or toilet roll holders as skittles. Build an alley and bowl away.

Challenge your family to a game!



Sports from around the world

Pick a country and learn about their most popular sport. Once you feel you have a good understanding of the rules, give the game a go!



Tennis at home

The Lawn Tennis Association have a fabulous home activities hub. You can improve your tennis skills any time and any place. It's full of videos and games for the whole family, even "that" family member who gets way too competitive.



https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/?utm_campaign=11435710_Newsletter%20March%202020%20Adult%20Lite&utm_medium=email&utm_source=LTA&utm_content=tennis%20at%20home%20cta&utm_term=1-4DY-4059&src=&dm_i=ITV8,6T3UM,CAD0OG,R9A89,I

Joe Wicks

Follow Joe's 9 am daily workout on YouTube. Remember to drink water and try to get your family involved!

<https://www.youtube.com/channel/UCAxwIXT0iEJo0TYIRfn6rYQ>



Dance it out!

Put your dancing skills to the test with Just Dance. Visit their YouTube channel and find a dance to follow.

<https://www.youtube.com/channel/UC0oefYX4YxrPA-abpa8ls2A>



Throw Day

Can you find a variety of ways to throw and catch? Use boxes as targets, baskets as goals etc! Be creative!

Here are some tricky throwing and catching challenges for you!

<https://www.youtube.com/watch?v=FYS9o-MwI&feature=youtu.be>



Create a game!

Can you make up the next big game? Think about equipment, rules and players needed. Be creative!





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Youth Sport Trust

<https://www.youthsporttrust.org/pe-home-learning>

Youth Sport Trust have a fabulous PE home learning section on their website with many activities for you to try at home.



Chilli Challenge Fitness Workout

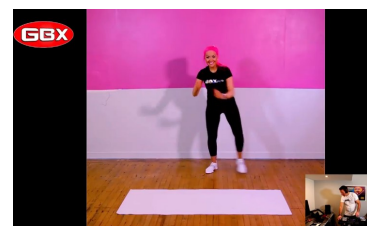
Choose a chilli challenge workout from the Chilli Challenge menu found under our additional home learning grids.



GBXercise

Take part in George Bowie's brand new workout video routine.

You can access GBXercise through Clyde I's YouTube channel. Have fun exercising to hits like 'Bits n Pieces' and 'Belter'.



Dance Class

Strictly Come Dancing star Oti Mabuse is hosting free online dance classes for children and adults.

Visit Oti's YouTube channel where she will be sharing routines every morning at 11:30 am.



Outdoor Play

Go outside and get some fresh air. You could play on your trampoline or take your bike, scooter, roller skates if you go on a family walk! Anything goes as long as you are keeping active.



Mini Olympics

The Olympics have been cancelled this year but can you create a mini Olympics?

Think of both indoor and outdoor space. Events could include, long jump, high jump, javelin, sprints and hurdles



Mini Rugby Training

Join in on LIVE Mini Rugby training every Sunday at 10:30am.

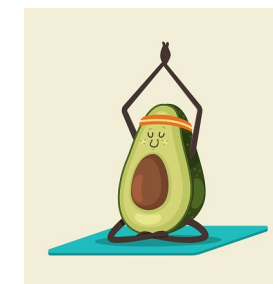
Open to all. NO experience Required. Suitable for all ages.

For more info see facebook.com/GHArugby/



Yoga

Cosmic Yoga has some amazing lessons on their YouTube channel.



<https://www.youtube.com/user/CosmicKidsYoga>



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BBC Let's Get Active

Click on one of the videos to work on a skill that you have learned in PE.

<https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjjhv>



Go Noodle

Have fun and get moving with Go Noodle. Click the link which will take you to their YouTube channel.



<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3KKZ3wnw>

Dodgeball

Play Dodgeball at home with your family. Establish the rules before you begin play.



Gymnastics

Create a gymnastics routine at home that includes different types of balances, jumps and rolls.

Remember to stay safe and avoid any types of movements that could cause injury!

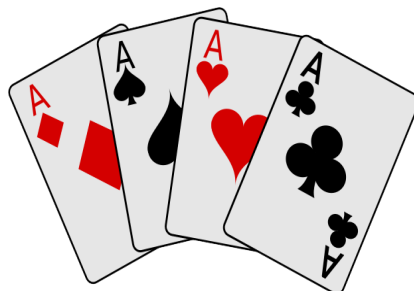


Deck of Cards workout

Grab a deck of playing cards.

Complete the number of reps, as represented by the number on the card. Continue this for a total of 20 minutes

- ♦ **Clubs**- Burpees
- ♦ **Hearts** - Push ups
- ♦ **Diamonds** - Sit-ups
- ♦ **Spades** - Mountain Climbers



Running

Lots of teachers in our school enjoy running. Now is a great time for you to take it up as a hobby.

Ask an adult if they will go with you. There are great apps out there that let you build up running from couch to 5k.



Boxing

Become the next Tyson Fury or Nicola Adams by trying your hand at boxing!

Try this 30 minute boxing workout from POPSUGAR Fitness.

<https://www.youtube.com/watch?v=jCTEVKRTuS8>

