



P.E. – Week Beginning 25th May 2020

Monday

Holiday!

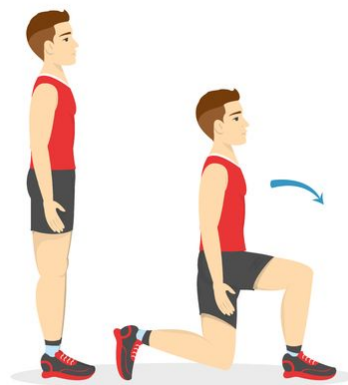
Tuesday

Do each of these exercises and then, if the weather is good enough, play outside for 30 minutes. Use the pictures if you're not sure what the exercise looks like.

Squat



Lunge



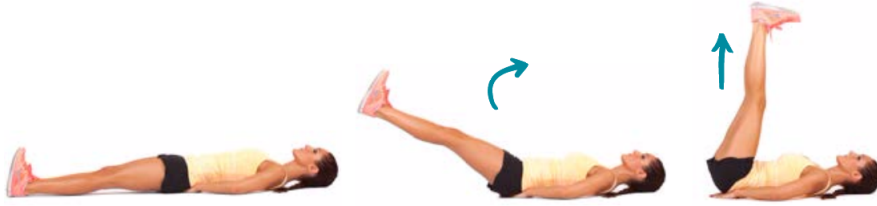
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15 Jumping Jacks	—
15 Sit Ups	—
15 Squats	—
15 Lunges	—
15 Push Ups	—
15 Toe Touches	—
15 Leg Raises	—
15 Arm Circles	—
15 Knee Raises	—
Play Outside 30 min.	—

Push Up – Keep your tummy muscles really tight so your tummy doesn't dip towards the floor. If it's too hard, try doing it on your knees like the second picture.



Leg Raises

Make sure you keep your tummy muscles tight and keep your back flat on the floor. Don't let your back arch.



Knee Raises

These are like leg raises but this time you can bend your knees into your body when you lift your legs up. If you find this tricky, you could lift one knee up at a time.



Wednesday

I hope your muscles aren't too sore from yesterday! Today I'd like you to do a Joe Wicks workout. These are live on his YouTube channel at 9am but if you aren't ready to do your workout then, don't worry because he posts the video on his page straight away. Here's the link:

<https://www.youtube.com/user/thebodycoach1/featured>

Thursday

Time Challenges – Complete each of these time challenges and write down your time/score on a piece of paper. Do a second round of the challenges and see if you can beat your scores from the first round! If you're feeling competitive, why not challenge someone else in your house to see if you can beat them?!

- How many squats can you do in 60 seconds?
- How many high knees can you do in 60 seconds?
- How many star jumps can you do in 60 seconds?
- How many step ups can you do in 60 seconds?
- How long can you hold your body in the plank position for?



Keep your body in a straight line – don't let your tummy dip down or bottom push up. Holding your tummy muscles nice and tight will help.

- How long can you hold yourself in a wall sit for?



- How many mountain climbers can you do in 60 seconds?



Start in the plank position. When the timer starts, jump your legs back and forward in to your chest. Here is a video demonstration:

https://www.youtube.com/watch?v=qrMPkj_Ch2E

- How long can you hold a V-sit for?



- How many sit ups can you do in 60 seconds?

Friday

Games Day – Ask someone in your house to play these 3 games with you.

Throw Tennis

Home Physical Education

How to play:

- Mark out a tennis court. Use a rope as a net or socks as the court markings.
- Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court.
- If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point.
- Make sure that you start the game by serving from the back of the court.
- The first player to score 10 points is the winner.



Can you play fairly and keep the score?

Can you identify spaces on your opponents side of the court?

Top Tips

Be Ready to Receive!

Are you on the balls of your feet ready to receive the ball? Make sure you have your hands ready to catch!

Let's Reflect

Where are we aiming the ball at on your opponent's side of the court?

Can you explain why you were throwing the ball there?



Complete P.E.
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Bowling

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

Save the Treasure

Home Physical Education

Can you play by the rules and if you touch the floor start again?

How to play:

- Agree a starting point. Spread treasure across the floor. Use toys and socks as treasure.
- Using two objects can you move without touching the floor, picking up the treasure and returning it to your starting point.
- If you touch the floor you must drop the treasure and start again.
- Create a scoring system so that shoe = 1 point and socks = 2 points. How many points can you score?



Can you keep trying to think of the best ways to use the objects to move?

Top Tips

Do not carry too much treasure in one go!

If you carry too much treasure then you risk falling and losing your treasure.

Let's Reflect

What tactic did you use for collecting treasure?

How did you use your two objects to move around safely and efficiently?