

# Welcome to Mrs Browne's Virtual Gym

Click on the items in the slide to find the activities for you to complete. Complete 3 or 4 activities.

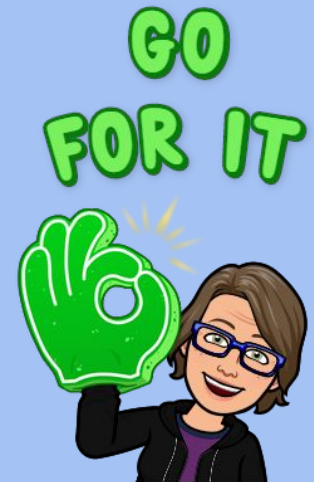
Start by doing the warm up by clicking on the

The text "WARM UP!" is written in a bold, bubbly, orange-to-yellow gradient font with a black outline, set against a white rectangular background.

To return to the gym you can click on



Have fun exploring and let me know what you think of PE this way!



# HI



## WARM UP!



# SUPERHERO DICE FITNESS



To be HEALTHY for a lifetime, it's important to get 60 Minutes of physical activity every day! Play Super Hero Dice Fitness every day. Roll the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exercise and increase the number of repetitions you do every day for each exercise.



CURL-UPS



JUMPING JACKS

WARM UP!



PUSH-UPS



Crab Walk



CRAB KICKS



SQUATS



PRETEND JUMP ROPE

KEEP CALM  
AND  
GO BACK  
TO THE GYM

# Skipping



See how long you can skip for without making a mistake.



You could use a rope or a hoop.





# Running

See how long it takes you to run around your garden 5 times.



Can you beat someone else from your house?





# Dancing



Click on the CD to dance along with KIDZ BOP KIDS.

Or

Choose your favourite song to dance to.





# Hoop Shoot



How many baskets can you score in 1 minute?

Try throwing a ball or some socks into the laundry basket or a bucket.



# Penalty Kicks



How many goals can you score in 1 minute?


Try using teddies/jumpers as goal posts.











# BALLOON QUEST


**#1**  **volley with either hand**


**#2**  **volley with main hand**


**#3**  **volley with other hand**


**#4**  **volley with fists only**

**#5**  **volley with a finger only**

**#6**  **volley with elbows only**

**#7**  **volley with head only**

**#8**  **hand volley while sitting**

**#9**  **volley with feet only**



# Tennis Keepy upples



How long can you bounce a ball on a bat?

Try using a book if you don't have a bat.



# Balance Boost

How long can you hold these balances for?

Standing on one leg



Sideways star



“V” sit



Shoulder Stand



Squat



Aeroplane

