

Hi there! I hope you are all looking after yourselves during the break we have from school. It is going to be important during this time for you to keep exercising at home especially as you are not having your usual PE lessons at school. Below, are some challenge cards for exercises you can do at home or in the garden. If possible, try to exercise for 15-30 minutes a day - it will help beat the boredom too!

As well as the things I have listed below, you could just put some of your favourite songs on and dance to those!

I hope you enjoy these and if you find anything else that is enjoyable and good for getting you active at home, let me or your teacher know so we can share it with everyone.

Take care,

Mr Smith 😊

Joe Wicks (AKA The Body Coach) is going to do home PE lessons from 9am - 9:30am live every day on his YouTube channel - don't worry if you don't get on at 9, you can replay the video. Search The Body Coach TV on YouTube to find his channel.

As always in PE, make sure you are doing things safely: do a warm-up and make sure you have plenty of space. For a warm-up, you could jog on the spot for 1-2 minutes and then do some stretches.

If you enjoyed the Norfolk Virtual School Games tennis challenge, a cricket and angling challenge have been added. Just search Norfolk School Games channel on YouTube. If you are submitting entries, make sure your parents are aware and that you follow all of the online safety guidelines we teach you at school. Enjoy!

Transporter



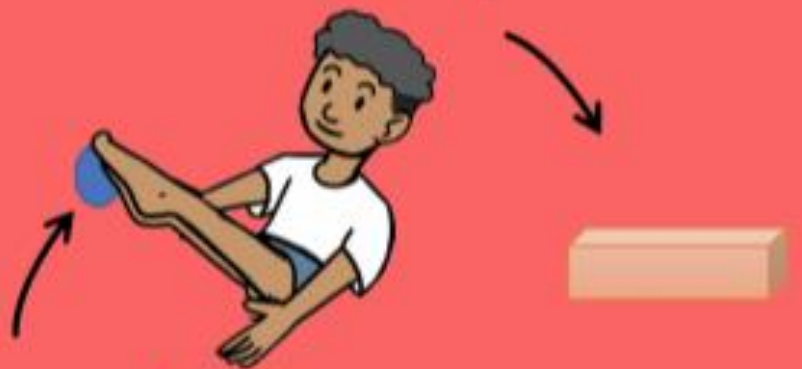
What you need: An empty box, 8 x pairs of rolled up socks, one player, one person to time.

How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

**How quickly
can you**

transport the socks?



What's that word!



Get Set 4 P.E.

What you need: Your house members.

How to play:

- As a household choose three words that are going to be your 'what's that' words for the day e.g. can, you and TV. Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises. Don't forget to remind them by saying:
- Make this harder by increasing the exercises to 15.



Stay alert!

Squat and shoot



What you need: 2 balls or pairs of socks, two pots, two plus players.

How to play:

- Each player has a ball. They begin 3-4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.



Make this easier by using a bigger pot.

Who won the most rounds?