

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.

If you enjoyed the Norfolk Virtual School Games tennis challenge, cricket, netball, tri-golf and angling challenges 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!

Finally, an organization called the Youth Sport Trust has provided some home learning PE activities as well. I have included 3 on this document. If you enjoy them and would like to try more, visit this website: <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

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.

60 Second Challenge

Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold

35 times through your legs



Achieve Silver

25 times through your legs



Achieve Bronze

15 times through your legs



60 Second Challenge

Tuck In Tuck Out

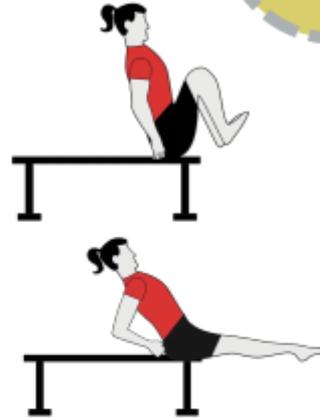
Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold

15 tuck in tuck outs



Achieve Silver

10 tuck in tuck outs



Achieve Bronze

5 tuck in tuck outs



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60 Second Challenge

Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



#StayHomeStayActive

Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks

