

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

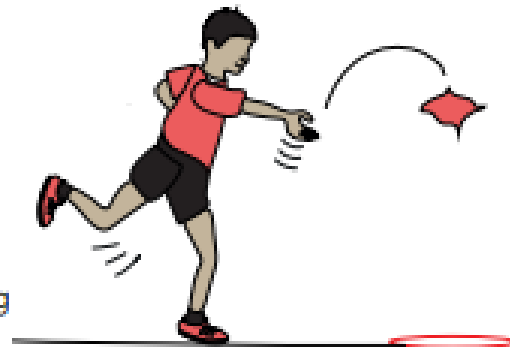
## Bean Bag Throw

Can you focus, concentrating on the target?

### The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.



**#StayHomeStayActive**

### Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

### Achieve Gold

30 Throws



### Achieve Silver

25 Throws



### Achieve Bronze

20 Throws



# 60 Second Challenge

## Catch and Clap

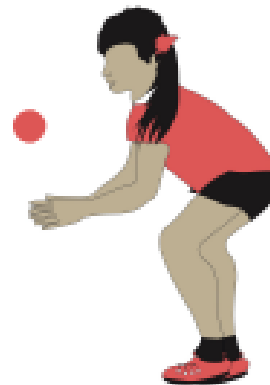
Which skills do you think will be key to succeed?

### The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

**#StayHomeStayActive**



### Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

#### Achieve Gold

35 catch and claps



#### Achieve Silver

25 catch and claps



#### Achieve Bronze

15 catch and claps



**Jump up and down** in a space 40 times

**Play musical statues**

**Ride a bike, scooter**

**Balance on a part of your body** for 60 seconds

**Jump or Move over a pillow** 40 times

**Play hide and seek**

**Hop, jump or stand** on the spot for 60 seconds

**Balance** in a plank position

**Pass a ball** around your waist or head 25 times

**Balance an object** on your head

**Keep a balloon** in the air for 60 seconds

**Perform 50 star jumps**

**Complete 20 shuttles** (funning, walking or moving)

**Skip or Move** for 2 minutes

**Roll a ball** across a table 10 times

**Perform 40** of the same type of jumps

**Create and complete** an obstacle course

**Throw or roll** an object into a target 10 times in a row

**Dribble a ball** in and out of objects

**Perform 40 squat jumps** / sit forwards

**Throw or roll** a ball against a wall or with a sibling

**Move and complete** 10 laps of your house or garden

**Perform 40 jumps**

**Play a new game** with a sibling, parent or carer

**Perform 30 push ups**

**Perform dance movements**

**Perform a short fitness workout**

**Perform 30 sit ups** or lean forwards

**Perform a gymnastics routine**

**Invent and play** a new game

### How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

#### Achieve Gold

Complete all the activities on the card



#### Achieve Silver

Complete a horizontal or vertical line of activities



#### Achieve Bronze

Complete one activity from each line

