

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.

In school, we use *Get Set 4 PE* during our PE lessons and they have created some new activities for you to try in a social distanced manner. If you are interested in trying some different activities then visit the following link:

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>

Additional activities from *Get Set 4 PE* have been included below.

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.



Get Set 4 P.E.

## Down from 10, up from 5

**What you need:** a little space and a lot of perseverance.

### How to play:

- Complete 10 burpees, then 5 star jumps.
- Then go down by 1 burpee each time and up by 5 star jumps until you get to 0 burpees and 50 star jumps.
- Round 1: 10 burpees, 5 star jumps
- Round 2: 9 burpees, 10 star jumps
- Round 3: 8 burpees, 15 star jumps
- Round 5: 7 burpees, 20 star jumps
- Round 6: 6 burpees, 25 star jumps etc.....



**Make this easier by choosing your own exercises.**



Get Set 4 P.E.

## Chair workout

**What you need:** One chair per pupil.

### How to play:

Pupils move their chairs back from their table and complete the following exercises.

- **Squats** : sit on chair and stand x 20
- **Leg extensions** : Place ankles together, hold onto the sides of the chair. Raise your feet to 180 degrees. Bend and straighten your legs x 20
- **Lunges** : Stand and hold on to the back of the chair. Lunge by stepping backwards alternating feet x 20

**Repeat**





Get Set 4 P.E.

# Balance

**What you need:** A little space so tuck your chairs in.

## How to play:

- Pupils stand and practise balancing on one foot and then the other foot.
- Hold each for 30 seconds.
- Rest and repeat, this time trying with their eyes shut x 3 on each foot.
- Explore standing on one foot and reaching to the floor.

**Top tip: squeeze your abdominal muscles and focus on something still to balance.**

