

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, I have included some video links and 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.

On the next pages are video links and challenge cards for each day of the week. Try to do these as well if you can!

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.

Joe Wicks 8-minute workouts (if you want to do extra to the half an hour). Do one of these each day of the week.

<https://www.youtube.com/watch?v=uqLNxJe4L2I>


<https://www.youtube.com/watch?v=EDC-plCTBbc>

https://www.youtube.com/watch?v=9uw9ug_g-gM

<https://www.youtube.com/watch?v=E5cmJpSFZB8>

Monday:

Challenge 8: Can you complete 10 hip raises?



DESCRIPTION


- Lie on your back and lift your knees up and place your feet flat on the floor.
- Place your hands down by your sides and face your palms down to the floor.
- Gently lift your bottom off the floor and lift your belly button up towards the ceiling. Gently lower and return to the start position.
- Repeat this 10 times. Try to squeeze your bottom every time you lift up.

FINDING IT EASY? TRY THIS...

- After a short rest, increase the number to 15 hip raises.
- Now see how long you can hold the raised position. Perhaps have a competition with a friend/family member?

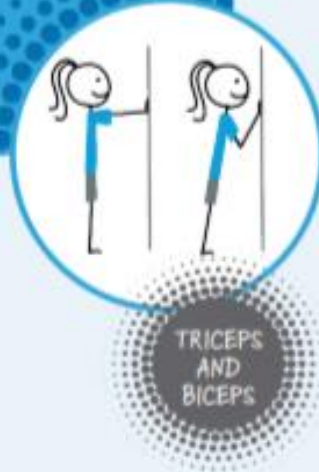
CORE MUSCLES

Parents Signature:



Tuesday:

Challenge 11: Can you do 10 Wall Press Ups?



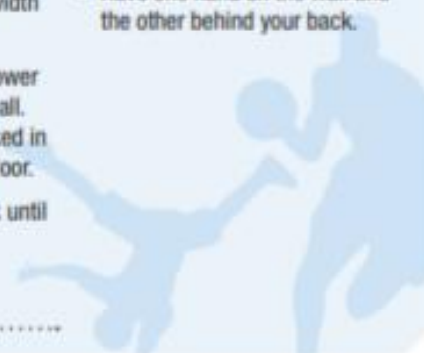
Description

- Face a wall and stand a little further than arm's length away with your feet shoulder width apart.
- Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
- Slowly bend your elbows and lower your upper body towards the wall. Ensure to keep the elbows tucked in and keep your feet flat on the floor.
- Then slowly push yourself back until your arms are straight.

Finding it easy? Try this...


- Repeat the challenge.
- Move further away from the wall (still make sure you can keep your feet flat on the floor).
- Have one hand on the wall and the other behind your back.

Parents Signature:



Wednesday:

Challenge 12: Can you do 15 Mountain Climbers?




Description

- Start in a press up position, making sure your back is straight.
- Pull one of your knees up into your chest.
- Then quickly switch and pull up your other knee.
- Continue to switch legs at a pace that suits you.

Finding it easy? Try this...


- Place a pillow on your back and see if you can complete the challenge without it falling off.
- Can you go faster?
- Can you do 20 instead of 15?

Parents Signature:



Thursday:

Challenge 15: Can you hold the plank for 15 seconds?



CORE MUSCLES


Description

- Start in a press up position, but bend your elbows so that your forearms are on the ground with your hands facing the floor.
- Make sure your body is straight from your head to your feet.
- Ensure your toes are tucked under to balance on the balls of your feet.
- Suck your tummy in.

Finding it easy? Try this..

- **Hold for more than 15 seconds**
- Can you lift one of your legs towards the ceiling and hold it?

Parents Signature:



Friday:

Challenge 16: Can you dance to one of your favourite songs?



WHOLE BODY

Description

- Pick a song which you enjoy dancing to.
- Can you dance from the start to the finish of the song without stopping?
- Some example of dance moves: Jumping, shuffling, stepping and clapping, wiggling, twisting, waving, and sliding Can you think of anymore?

Finding it easy? Try this..

- Find a ribbon or scarf to wave around as you dance.
- Play a faster song which will require you to move quicker!
- Play a longer song.

Parents Signature:



