

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.

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.

**Challenge 17:** Can you do 15 seconds of Toe Tap Jumps?



**Description**


- Start by standing with your arms by your side.
- Slowly bend one of your knees up towards your body and touch your toe with the opposite hand.
- Once you touch your toe, return your foot back to the floor and repeat with the other foot.

**Finding it easy? Try this...**

- Can you do it faster?
- Can you do it for 30 seconds rather than 15?

**GLUTEAL MUSCLES**

Parents Signature: .....



## Challenge 18: Can you do 10 Knee-Tucks?



QUADRICEPS

### Description

- Start in a standing position with your knees slightly bent.
- Hold your hands out at chest height.
- Lower your body in a squat position and then explode upwards bringing your knees up towards your chest.

### Finding it easy? Try this...

- Repeat this challenge.
- Can you do 15 instead?

Parents Signature: .....



## Challenge 19: Can you do 10 burpees?



WHOLE  
BODY

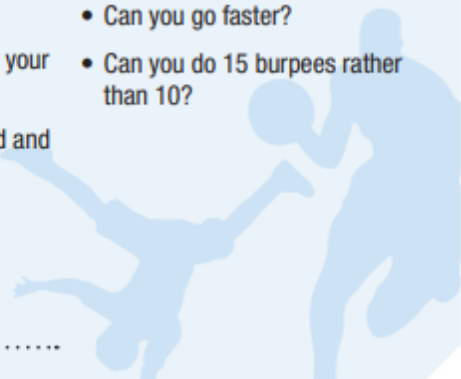
### Description

- Start standing up, feet shoulder width apart and your arms by your side.
- Lower your body down so that you can place your hands on the floor.
- Jump your feet backwards so that you're in a press up position.
- Jump your feet back in towards your hands.
- Reach your arms over your head and jump up into the air.
- Repeat.

### Finding it easy? Try this...

- Can you do one press up while you're in the press up position?
- Can you do a star jump as you jump up rather than a straight jump?
- Can you go faster?
- Can you do 15 burpees rather than 10?

Parents Signature: .....



## Challenge 20: Can you complete 10 lunges?



QUADRICEPS  
AND  
HAMSTRINGS

### Description

- Stand up with your feet shoulder-width apart.
- Take a big step forward with one of your feet and slowly lean your body forward.
- Bend your knees until your front knee is at a 90-degree angle, while you keep your upper body straight.
- Return to standing and repeat with the other leg.

### Finding it easy? Try this...

- Hold a tin of beans in each hand while performing the lunges.

Parents Signature: .....



## Challenge 21: How many jumping jacks can you do in 30 seconds?



HEART &  
LUNGS

### Description

- Start in a relaxed stance, legs together and arms by your side.
- Jump both legs out to the side and at the same time raise the arms out sideways to above head height.
- Jump back in to the starting position.

### Finding it easy? Try this...

- Hold a tin of beans in each hand.
- As you jump your feet out to the side, can you instead jump your feet out sideways and into the air so that your feet come off the floor?

Parents Signature: .....

