

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 27: Can you march with high knees for 1 minute?**



**Description**

- March like a soldier on the spot for one minute.
- Lift your knees high, in line with your belly button.
- Pump your arms, opposite arm to leg.
- Look forwards.

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

- Complete high knees but with a running motion.

**HEART & LUNGS**

Parents Signature: .....



## Challenge 28: Can you complete 10 sofa dips?



TRICEPS

### Description

- Sit on the edge of the sofa with your hands either side of your hips.
- Lift your bottom off the sofa and slightly bend your knees.
- Ensure your knees are at a 90 degree angle.
- Slowly bend your elbows, also to a ninety degree angle, and straighten again. This is working your triceps.
- Repeat.

### Finding it easy? Try this..

- Put your feet up on a chair and complete the challenge the same.
- Have a break and repeat again.

Parents Signature: .....



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## Challenge 34: Pillow to Pillow



HEART & LUNGS

### Description

- Place two pillows side by side 2 metres apart.
- Start by one of the pillows and run or side shuffle to the second pillow and touch it with your hand.
- Then run or side shuffle back and touch the pillow.
- Every time you touch the pillow that is one point.
- See how many you can do continuously for 1 minute.

### Finding it easy? Try this..

- Move the pillows further apart.
- Once you have a score, next time try to improve it. Don't forget to rest before starting again.

Parents Signature: .....



## Challenge 35: Sit until you drop.



HEART &  
LUNGS

### Description

- Stand with your back against a wall.
- Bend your knees and lower yourself into a sitting position so that your legs are at a right angle.
- Keep your back against the wall and your hands by your side.
- Try to time how long you can hold the position for.

### Finding it easy? Try this..

- Put your arms out in front of you as you perform the wall sit.
- Have a rest and then repeat. Can you beat your time?

Parents Signature: .....

## Challenge 39: Can you hold the side plank position for 10 seconds?



CORE  
MUSCLES

### Description

- Lie on the floor on your side. Then prop yourself up by resting on your forearm (the one in contact with the floor).
- Ensure that you also lift your hip off the floor and keep your legs stretched.
- Your body should look very straight like a plank of wood for example.
- Try to hold this position very still for 10 seconds without wobbling or falling down.

### Finding it easy? Try this..

- Try this challenge on both sides of the body.
- After a short rest, try to hold this position for longer.

Parents Signature: .....

