



## PE

- I'm sure most of you have already heard about **Joe Wicks PE lessons** but for those of you that haven't he is running a 30 minute Live PE lesson on YouTube every week day at 9:00. If this time doesn't suit you they are available after 9:00 too.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

You will need to subscribe to his channel at the above link and then you will have a new workout every day as well as access to his many other workouts for children and adults.

- Oti Mabuse from Strictly Come Dancing is providing daily kids **dancing lessons** at 11:30 every day, as well as family friendly dance classes at 7:30.

<https://www.youtube.com/user/mosetsanagape>

- The Appledore School Personal Best Challenge for this half term is speed bounce.

### Personal Challenge 5 Speed Bounce

#### Equipment

- Speed bounce mat / KS1 Line
- Stop watch
- Clipboard, pen and score sheets

#### Instructions

- Time 20 seconds and count number of jumps
- Athletes must jump and land on 2 feet together
- Jumps that hit the centre wall will not count.
- KS1 – jump over a line



The children have done this personal best challenge before but not since last summer so may need some help remembering what to do.

They should jump, side to side, over a line for 20 seconds and count how many jumps they can complete in that time. Then repeat the challenge as often as you like and see if they can improve on their previous score.

#### Tips and coaching points

- Pick your knees up
- Keep the body upright – don't look down too much
- Try and get a rhythm going
- These are rebound jumps so do not bend your knees too much

#### Practice Activities

- Jump over a line
- Sing a song, clap or count to keep a rhythm going
- Practice 2foot to 2 foot jumps along a course of markers or over low hurdles
- Any games that involve jumps

#### Too difficult? Too easy?

- Change height of the obstacle
- Change the time
- Support the athlete – hold their hands
- Change task e.g. stepping over

Remember STEP

- Access Sport have suggested a couple of activities to try at home and some ideas for how to adapt things you may have around the house to use as equipment.

# Home Activities!

A fun and inclusive 30 minute activity session for you and your family!

## Equipment


No equipment? No problem!


- Small Balls or Rolled-up Socks,
- Bean Bags - Make your own with Pasta/Rice
- Sponge Ball or Rolled-up Jumper, Cushion
- Cones or Plastic Cups, Tins, Toilet Roll

## Activities

### Hide and Seek

- Scatter different objects around your space but keep one space clear as a 'home'
- In an allotted time collect as many objects as you can one at a time bringing them back to your 'home'
- You can shuffle, run, hop etc. to collect it, however you want to move!






### Through the Gates

- In your area create 'gates' using pairs of cones
- Go through the gates in an allotted time scoring a point for each one you go with
- Try dribbling or passing a football, balancing a ball on a rocket or a tray on your lap if seated

### Target Throw

- Set out a line of cones with something balanced on top
- One at a time throw, kick or roll your balls to knock of your target
- Award yourself points for different targets!



## Cool Down

### Mirror Mirror

- Standing in front of your partner, copy each other's movements and stretches like you are looking in to a mirror
- Be as imaginative as you can, stretching out and relaxing your muscles


## Challenge of the week

### Hot Potato




- How many times can you throw a ball between your family without dropping it?

Send us your videos & photos online!

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- Cones or Plastic Cups, Tins, Toilet Rolls
- Hockey Stick or Broom, Map

## Activities

### Into The Box

- Create a square, or if you have a washing basket or bucket use this
- With a partner, take it in turns to throw objects in your 'box'
- To make it harder, you can move further away, or consider throwing it differently - your weaker side? over your shoulder? blindfolded?
- The person with the most balls in the square wins!



### Follow the Leader

- With a partner, each person has a hockey stick and a ball (or whatever you may have) - You can do this one with all your family!
- Move around your space, with one person as the leader and the other to copy
- Do different skills like dribble side to side, or round different obstacles

### Seated Volleyball

- Clear a space on the floor and create a net - You can use chairs, towels
- With everyone seated, throw the ball over your 'net' as if playing volleyball - A balloon is great swap!
- Count how many you can do without dropping it!
- You can make it easier and take away the net



## Cool Down

### The Floor Is Lava

- Imagine the floor is lava with safe spaces of 'molten rock' - These can be marked areas using cones, t-shirts, towels etc.
- Set yourself challenges to move around the room, avoiding the 'lava' floor

## Challenge of the week

### Tetris

- How high can you stack your different pieces of equipment?
- Send us your videos & photos online!

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And if you want more or something different these might help...

- Youth Sport Trust has put together a number of activities that can be completed at home. Some of the activities require equipment but you can use the ideas from the access sport pages on how to adapt things you have around the house.

<https://www.youthsporttrust.org/pe-home-learning>

- They also have some 60-second challenges that again don't require too much equipment or space. Each challenge has a Bronze, Silver and Gold level so the activities can be repeated as the children try to improve their score.  
<https://www.youthsporttrust.org/60-second-physical-activity-challenges>
- imoves is a website you need to sign up for but they will send a daily activity for KS1 and KS2 children. They also have lots of videos already on their website such as Pilates, meditation or dance videos. <https://imoves.com/imovement-signup>
- GoNoodle also requires you to sign up. Children can choose a 'Champ' and earn points to move through levels. There are again lots of videos to choose from such as mindfulness, brainercise, dance, freestyle and many more. <https://www.gonoodle.com/>
- For children in FSU and KS1 there is a Yoga YouTube channel called Cosmic Kids.  
<https://www.youtube.com/user/CosmicKidsYoga>
- BBC Supermovers is another website where children can follow the moves on the screen but this combines other aspects of learning too. These videos are a good idea for when you are in the middle of learning English or Maths but you can see your child (or yourself!) needs a quick break. <https://www.bbc.co.uk/teach/supermovers>
- The Premier League Primary Stars website is being regularly updated with ideas for home learning. <https://plprimarystars.com/news/home-learning-activities-school-closures>

Good Luck!