# **APPLEDORE SCHOOL**



Inspire · Create · Achieve

<u>PE</u>

• 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/UCAxW1XT0iEJo0TYlRfn6rYQ

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.
   <a href="https://www.youtube.com/user/mosetsanagape">https://www.youtube.com/user/mosetsanagape</a>
- 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

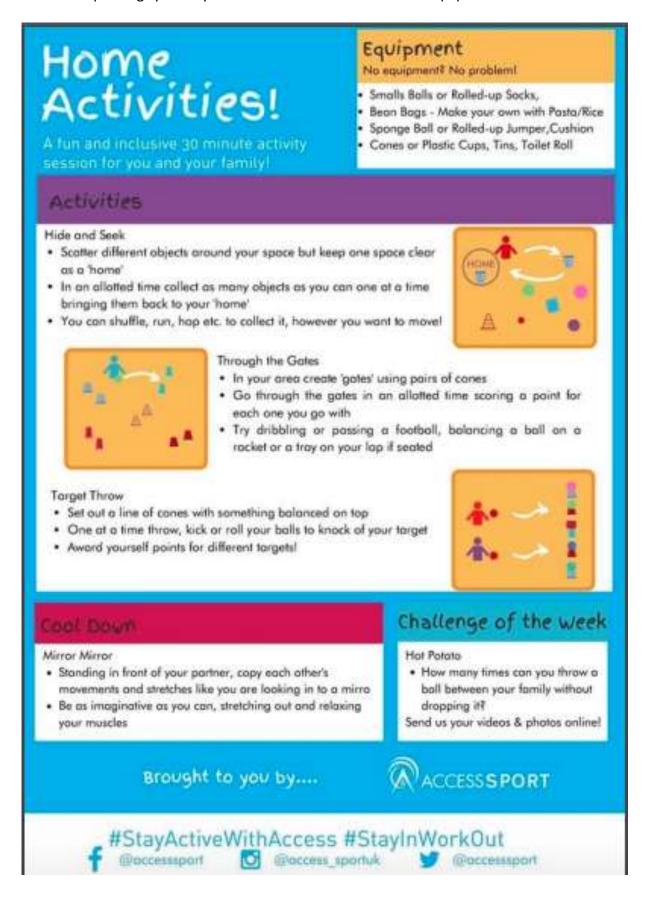
- Jump over a line
- Sing a song, clap or count to keep a rhythm going
- Practice 2 foot to 2 foot jumps along a course of markers or over low hurdles
- Any games that involve jumps

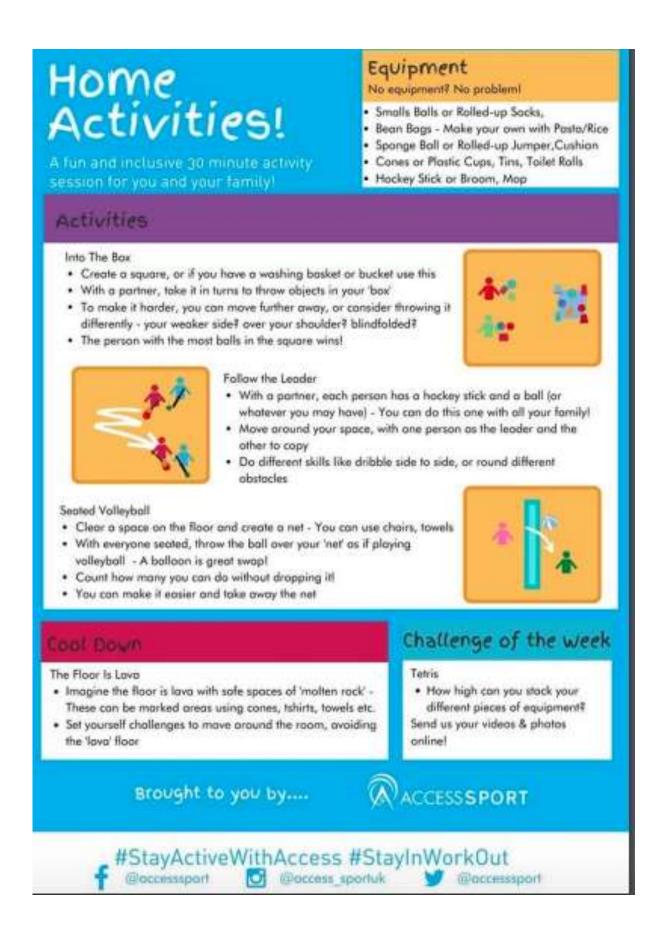
## Too difficult? Too easy?

- · 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.





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.vouthsporttrust.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. <a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a>
- 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. <a href="https://imoves.com/imovement-signup">https://imoves.com/imovement-signup</a>
- 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. <a href="https://plprimarystars.com/news/home-learning-activities-school-closures">https://plprimarystars.com/news/home-learning-activities-school-closures</a>

Good Luck!