# P.E Home Learning Activities:

It is just as important to keep your child moving as it is to keep them thinking and reading. Do a little bit of physical exercise every day! Our bodies need to be looked after as well as our brains!

There are lots of websites offering free brilliant resources to keep children active.

Use the table below for some ideas.

We would love to see some videos and pictures of your children taking part in these activities!

Please note lots of these activities are suitable for children (and adults) of all ages.

| KS1 | |
|---|---|
| <u>Cosmic Kids</u>-Perfect for videos of yoga, mindfulness and relaxation. Designed for children as young as 3! | https://www.youtube.com/user/CosmicKidsYoga |
| <u>BBC Supermovers</u>- A website jam-packed with fun videos which link to your child's learning and getting them moving. This is a firm favourite with teachers! Suitable for children of all ages – this will support their **physical health and keep them learning!** | https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw |
| <u>Change 4 life-</u> Change4Life and Disney have teamed up again to bring you new Shake Up games.These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! | https://www.nhs.uk/10-minute-shake-up/shake-ups |
| <u>Just Dance and Zumba</u> online you tube videos- There's so many amazing videos on Youtube to check out! If your child loves dancing, check out Just Dance or Zumba Kids tutorials. | |
| <u>Obstacle Course:s-</u> Children can draw/ design their own obstacle courses to complete. Get out in the garden and get creative! |  |

| KS2 | |
|---|---|
| **Joe Wicks- The body coach.** Joe Wicks will be posting daily PE lesson style workout routines – perfect to keep your children active! There's workouts for kids and adults on this Youtube channel. | https://www.youtube.com/user/thebodycoach1 |
| **Go Noodle-** Perfect for videos to keep your children moving! They're entertaining and sometimes quite fun! There's a massive range on videos available, so check it out. | https://www.youtube.com/user/GoNoodleGames |
| **@GetSet4PE**- will be posting a daily active challenge every day on their twitter feed every day of school closures. | https://twitter.com/GetSet4PE |
| **Workout Video-**Plan and make own fitness video inspired by Joe Wicks. | |
| **Garden Circuit training-** Design and carry out your own circuit outside. This doesn't need have use any fancy equipment. Just get outside and get creative! | |
| Healthy Futures Monopoly- Use the board game (attached on the next page). | |

# healthy futures.

## Top row (left to right)
REST AND WASH YOUR HANDS | HIGH KNEES 10 SECONDS | HIGH KNEES 20 SECONDS | HIGH KNEES 30 SECONDS | BALANCE ON ONE LEG FOR 30 SECONDS | MOVE BACKWARD 4 SPACES | WALL SIT 10 SECONDS | WALL SIT 20 SECONDS | REST AND WASH YOUR HANDS

## Left column (top to bottom)
- SIT UPS X 10
- SIT UPS X 5
- TOUCH EVERY DOOR
- BURPEES X 10
- BURPEES X 5

## Right column (top to bottom)
- SQUATS X 5
- SQUATS X 10
- HOLD YOUR ARMS OUT FOR 30 SECONDS
- ARM CIRCLES 10 SECONDS
- ARM CIRCLES 20 SECONDS

## Bottom row (left to right)
REST AND WASH YOUR HANDS | PRESS UPS X 10 | PRESS UPS X 5 | PRESS UPS X 3 | MOVE FORWARD 3 SPACES | 3 STAR JUMPS IN YOUR ROOM | STAR JUMPS X 10 | STAR JUMPS X 5 | GO

## Center

### Rules
1. Roll the dice, move your player & complete the activity
2. Every time you pass go you get a point
3. First person to 3 points is the winner

### Want to make it harder?
1. Double the activities in the box
2. Increase the points to win the game

Extra Challenge: Can you create your own Active Monopoly using different activities?

100    500    1000

### Want to make it easier?
1. Halve the activities in the box
2. Decrease the points to win the game?