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| --- | --- | --- | --- |
| **Cross Curriculum Links** | | | |
| **Maths Based Ideas**  **Station Time**  How long will each exercise last? How many times will you perform each exercise? Will there be rest time?  **Recording Results**  Can you keep count of how many repetitions you can perform at each station? | **Art Based Ideas**  **Home Made Equipment**  Can you use some recycling materials at home to make some gym equipment?  **Stations sketches**  Can you use your imagination and drawing skills to create a diagram for your stations?  **Eat well plate**  Can you create an ‘eat well’ plate with pictures of food? | **English Based Ideas**  **Impressive Instructions**  Can you write a set of instructions on how to perform each station?  **Stay fit and healthy**  Can you create a poster on the importance to stay fit and healthy?  **Mouth-watering Menu**  Can you create a menu with healthy food? Use amazing adjectives to describe the delicious food. |

**Please upload Fitness Frenzy exercise videos and photographs on student portfolio**

**Spring Term 1 Specific Home Learning Resources – Fitness Frenzy**

By the end of Spring Term 2, all students will master basic movements, as well as develop balance, agility and co-ordination.

Students will create their own 5 station circuit using a variation of movement skills that will target all areas of the body. Students are encouraged to draw and label pictures for each station, whichare to be uploaded onto student portfolios.

The older the children, the more imaginative and complexed the exercises should be with a brief explanation for each exercise.

**Station examples:**

Burpees, bench step-ups, press-ups (flat, incline and decline), sit-ups, skipping, triceps dip (chair), squats, lunges, jumping jacks, wall sit, mountain climbers, bear crawls, high knees, jab, cross jabs, plank, balances, counter balances, shuttle runs, medicine ball slam, side jumps over rope / hurdle.

**Key Vocabulary**

Imagination, equipment, circuit, stations, flexibility, stamina, endurance, strength, heart rate, core, aerobic, anaerobic, cardio vascular system.

Good examples for the kids to use to give them some ideas for stations -> <https://www.youtube.com/watch?v=_97QFX3w1E4>

<https://www.youtube.com/watch?v=fF80zhIGYkA&vl=en>

<https://www.youtube.com/watch?v=5if4cjO5nxo>

**Interactive Learning and Fun**

Change For Life (Wake Up Shake Ups – fun family activities to do together)

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Youth Sport Trust

<https://www.youthsporttrust.org/free-home-learning-resources-0>

Nike Active Kids Do Better

<https://www.activekidsdobetter.co.uk/active-home>

Change4Life Indoor Activity Ideas (activities to keep children moving at home)

<https://www.nhs.uk/change4life/activities/indoor-activities>

This is PE

<https://www.yorkshiresport.org/get-active/thisispe/>

**TV Shows / YouTube Videos**

P.E with Joe Wicks (live workouts every Monday, Wednesday and Friday 9am). YouTube channel – “The Body Coach TV”.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Revisit Autumn Term 2 curriculum, Just Dance - <https://www.youtube.com/user/justdancegame>

Cosmic Kids Yoga (Key Stage 1 and EYFS) - <https://www.youtube.com/cosmickidsyoga>

Disney Dance Along (Key Stage 1 and EYFS) - <https://www.thisgirlcan.co.uk/activities/disney-workouts/>

**P.E.**

