

# The PE Department

## Week 2

Please send text, pictures or videos of your child taking part in one of the activities set in this powerpoint. Email them to your child's teacher who will forward it on to the PE department.

**Dear Parents/Carers and Children,**

**Due to the current circumstance it is likely yourself and the children that you care for may be off for some time. With your help we are hoping your child can still lead a healthy an active lifestyle in these challenging times.**

**The children here at The Palmer Academy not only thrive in PE but also depend on PE as it is an integral part of many children's life here.**

**National guidelines state that children keep active for 30 minutes a day. This is of the utmost importance to keep your child healthy mentally and physically.**

**The sports team suggest whilst keeping yourself healthy is paramount you still get daily fresh air whether it's going to the park, playing in the garden or going for a walk.**

**We also suggest that children get into a set routine of waking up a certain time kick starting there day with a healthy breakfast and having a structured day as best as possible, this will help keep your child mentally and physically fit ready to return to school.**

**With this is mind the PE department will be using the school website and Microsoft teams to set simple but fun challenges that you can try with your children whilst being at home. If you would like to send text, pictures or videos of your child taking part in one of the activities set in this powerpoint, then please email your child's teacher who will forward it on to the PE department.**

**Please stay active and more importantly stay safe.**

**Mr Soares-Mistry & Mr Charman**

# Videos Week 1

Below are links to Youtube videos where you and your family can exercise together. All you need is a small space inside or outside and use of a smart, tablet, laptop, computer or smart TV. All the videos are aimed at all ages.

**The HIIT (High Intensity Interval Training) videos are aimed at more dynamic, heart raising exercise movements.**

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)

**Just Dance videos are videos if just want to have a boogie to your favourite songs.**

[https://www.youtube.com/watch?v=gCzgc\\_RelBA](https://www.youtube.com/watch?v=gCzgc_RelBA)

<https://www.youtube.com/watch?v=hfY4yI1fMkY>

**Cosmic Kids Yoga videos are if you are looking for something more relaxing.**

<https://www.youtube.com/watch?v=40SZl84Lr7A>

<https://www.youtube.com/watch?v=coC0eUSm-pc&list=PL8snGkhBF7nh4KvxYYYjhFzXMj6Abstly&index=2>



**These are just a choice of videos that the PE team have chosen, but feel free to browse youtube for any other exercise videos.**

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<https://www.youtube.com/watch?v=RxwziZzFef4>

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<https://www.youtube.com/watch?v=02E1468SdHg>



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# Week 1

## Mr Charman 1 Minute Challenges

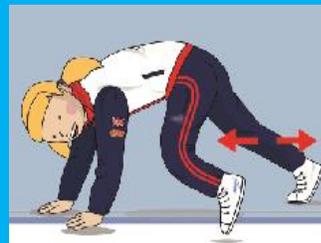
These simple challenges can be completed with all the family. You might want to make it into a competition to see who can do the most within the 1 minute time frame.

### Team Super Schools Special

How many.....

1. Star Jumps
2. Spotty Dogs
3. Leg Drives
4. Touch Jumps

Can you do in 1 minute?



# Week 2

## Mr Charman 1 Minute Challenges

These simple challenges can be completed with all the family. You might want to make it into a competition to see who can do the most within the 1 minute time frame.

**Ball Challenges- These can be performed with any size ball or catchable object**

How many.....

1. Individual throw and catch, ball must go above your head
2. Partner throw and catch, if you want to have a bigger group that is cool
3. Bouncing ball- two hands
4. Bouncing ball- one hand
5. Keepy uppie- individual
6. Keepy uppie- partners



Can you do in 1 minute?

# Quiz

## Week 1

Can you guess what sporting silhouettes are below?

Answers will be on the last slide.



# Quiz

## Week 2

Can you answer the sporting questions?

Answers will be on the last slide.

### Quiz Questions

1. If I score 4 baskets in basketball in the semi circle area, and 1 outside the semi circle, many points do I have?
2. Which wizarding sport played on broomsticks does Harry Potter play?
3. Name the golfer whose first name is the same as a big cat?
4. Which country does footballer Lionel Messi play for?
5. How many rings are there on the Olympic flag?
6. How many points do you get if you score a try in rugby?
7. Which type of swimming stroke has the same name as a flying insect?
8. Is Mo Farah a champion at athletics, football, swimming or tennis?
9. What is the name of the object that is hit in badminton?
10. A caddy is the person who carries a player's bag in which sport?
11. What is the name of the person who rides a horse in horse racing called?
12. How many goals are scored if a player has a hat-trick?
13. Which country won the 2019 Rugby World Cup?
14. Name 5 netball positions.

# Change 4 life Shake Up Games

<https://www.nhs.uk/change4life>

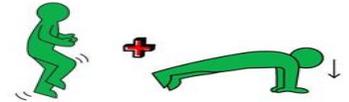
## Simba's Mighty Roar Jumps



You're going to be a mighty king. Time to work on your roar!

### How to play...

**1** Run on the spot, then do a press-up.



**2** Next, jump up and do your best lion roar. Repeat and add in other animal noises for fun.



**3** See if your friends can follow your moves.



**4** Can you keep going for 10 minutes?



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# Change 4 life Shake Up Games

<https://www.nhs.uk/change4life>

## Sloth, Sloth, Bunny



The sloths are known for being the slowest animals in Zootropolis, but with officer Judy on your tail, will you pick up speed and out-run her?

### How to play...

**1** Everyone sits in a big circle, and marks out their seat with a t-shirt or cushion.



**2** One person is the caller and starts by jogging around the circle tapping on the shoulders of the others saying "Sloth", "Sloth", until on 1 person they decide to call "Judy".



**3** Judy gets up and chases after the caller who runs around the circle to take Judy's seat without getting caught.



**4** If Judy does not catch the caller, they become the caller.



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# Healthy Recipes

## Pizza pitta faces recipe

Get the kids to help make these silly faces – they're such fun to eat!



Prep time

5 mins

Cooking time

5 mins

Effort

Super easy

Serves

4

## Ingredients

4 wholemeal pitta breads

4 tsp tomato purée

1 tsp dried mixed herbs

8 thin cucumber slices

6 cherry tomatoes, halved

1 yellow or red pepper, deseeded and sliced crossways

40g reduced-fat cheese, grated

## Method



1 Preheat the grill.

*If you prefer, cook these in an oven preheated to 180°C, fan oven 160°C, gas mark 4 for 8-10 minutes.*

2 Spread 1 tsp of **tomato purée** over one side of each pitta bread. Sprinkle with the **dried mixed herbs**.

3 Arrange the **cucumber** and **halved tomatoes** on the pittas to resemble 'eyes', halved tomatoes for the 'noses', the **sliced pepper** to look like 'eyebrows' and 'mouths', and the **grated cheese** for 'hair' or 'beards'. Place on the grill rack.

4 Grill for 4-5 minutes. Cool for a few moments, then serve.

*You could use white pitta breads, although the wholemeal ones give you more fibre.*

# Healthy Recipes

## Choc cherry popcorn cakes recipe

Make a healthier version of chocolate crispy cakes with this popcorn recipe.



## Ingredients

2 tsp vegetable oil

100g popping corn

2 egg whites

2 tsp unsweetened cocoa powder

65g dried cherries, chopped

## Method



- 1 Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Put 14 paper bun cases into bun trays.
- 2 Heat the vegetable oil in a large heavy-based saucepan with a tight-fitting lid. Add the **popping corn**, put the lid on and shake the pan to coat the kernels in the oil. Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally.

*A few popcorn kernels might not pop - just remove them.*
- 3 When the popping subsides, remove from the heat. Cool for 5 minutes.
- 4 Whisk the **egg whites** and **cocoa powder** together in a large bowl. Stir in the cooled popcorn and **dried cherries**. Share the mixture between the bun cases, then bake for 8-10 minutes until set. Cool.

# Useful Websites

<https://www.nhs.uk/change4life>

<https://www.nhs.uk/live-well/>

<https://www.fitnessblender.com/>

<https://www.thisgirlcan.co.uk/>

<https://www.seattletimes.com/life/at-home-with-kids-because-of-coronavirus-closures-here-are-23-fun-activities-using-stuff-you-already-have/>

<https://www.thecut.com/article/indoor-activities-for-kids.html>

<https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

# Quiz Week 1 Answers

|                   |                          |                    |                       |                   |                     |                  |
|-------------------|--------------------------|--------------------|-----------------------|-------------------|---------------------|------------------|
| <b>Motorcross</b> | <b>Boxing</b>            | <b>Basketball</b>  | <b>Snooker</b>        | <b>Fencing</b>    | <b>Horse Racing</b> | <b>Sprinting</b> |
| <b>Baseball</b>   | <b>American Football</b> | <b>Volleyball</b>  | <b>Weight Lifting</b> | <b>Gymnastics</b> | <b>Netball</b>      | <b>Hockey</b>    |
| <b>Football</b>   | <b>Tennis</b>            | <b>Ice Skating</b> | <b>Ice Hockey</b>     | <b>Golf</b>       | <b>Cricket</b>      | <b>Rugby</b>     |

# Quiz Week 2 Answers

## Quiz Questions

1. If I score 4 baskets in basketball in the semi circle area, and 1 outside the semi circle, many points do I have? **11**
2. Which wizarding sport played on broomsticks does Harry Potter play? **Quidditch**
3. Name the golfer whose first name is the same as a big cat? **Tiger Woods**
4. Which country does footballer Lionel Messi play for? **Argentina**
5. How many rings are there on the Olympic flag? **5**
6. How many points do you get if you score a try in rugby? **5**
7. Which type of swimming stroke has the same name as a flying insect? **Butterfly**
8. Is Mo Farah a champion at athletics, football, swimming or tennis? **Athletics**
9. What is the name of the object that is hit in badminton? **Shuttlecock**
10. A caddy is the person who carries a player's bag in which sport? **Golf**
11. What is the name of the person who rides a horse in horse racing called? **Jockey**
12. How many goals are scored if a player has a hat-trick? **3**
13. Which country won the 2019 Rugby World Cup? **South Africa**
14. Name 5 netball positions. **Goalkeeper, Goal Defence, Wing Defence, Centre, Wing Attack, Goal Attack, Goal Shooter**