



**Valley**  
Primary School

**PHYSICAL EDUCATION**

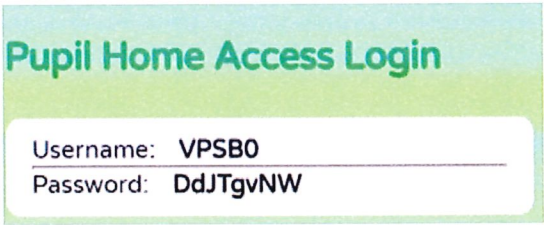
# Workbook

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In this pack you will find a variety of resources that will encourage your child to keep active, consolidate physical development and understand the importance of being healthy. We encourage children, when possible to take part in regular physical activity and we hope that the activities that you find in this pack will support this.

- Page 1 - Lockdown PE journey
- Page 2 - Balance Techniques
- Page 3 - Yoga Poses
- Page 4 and 5 - Activity Challenges
- Page 6 - Healthy Food
- Page 7 - Looking after yourself
- Page 8 and 9 - Joe Wick Challenge

If you require any further websites or links for your child so that they can take part in regular physical activities then use the recommended websites below.

5 - a - day fitness	
Joe Wicks	<a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
Youth Sport Trust	<a href="https://www.youthsporttrust.org/primary-pe-activities">https://www.youthsporttrust.org/primary-pe-activities</a>
Youth Sport Trust	<a href="https://www.youthsporttrust.org/thisispe-send-activities">https://www.youthsporttrust.org/thisispe-send-activities</a>
Oak National Academy Online Classroom	<a href="#">Physical Development - Specialist - Oak National Academy (thenational.academy)</a>

**Start**

Produce a healthy plate of food.



Take pictures of you on a walk.

Get a leaflet from your local sports centre.



No Screen Day. What did you do instead?



Do your 1 mile run 2 times this week.



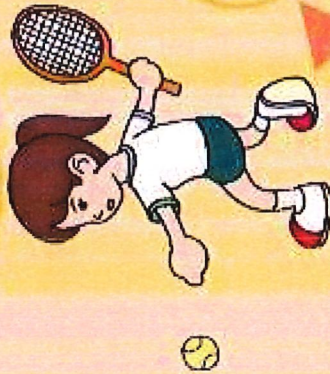
Complete a one week food diary.



Design a fruit or vegetable smoothie.



Complete a 1 week activity diary.



Design a 10 minute fitness circuit.



Make a 7 day score card for your circuit.

Record your circuit results for 1 week.

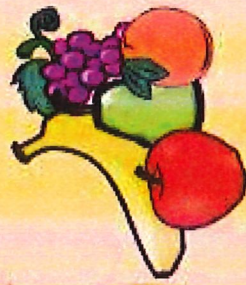
Design and do an obstacle course.



Map a 1 mile run from and back to home.



Do your run and record your time.





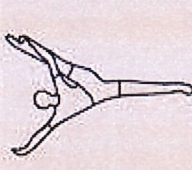
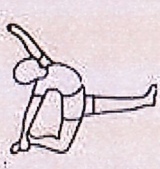
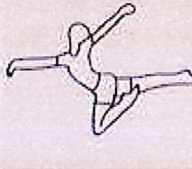
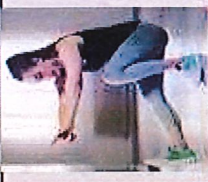





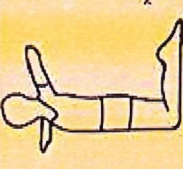

















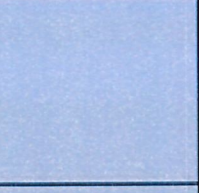


**Finish**

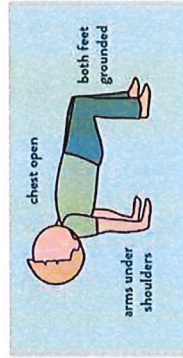
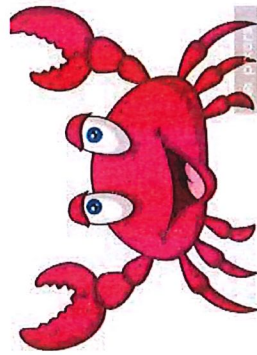
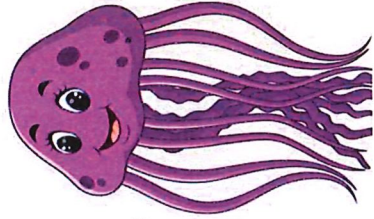
Do your 1 mile run 3 times this week.



Can you try these different balances and hold each one for 4 seconds? Can you make your own balance sequence?

<p><b>1 point balance</b></p>								
<p><b>2 point balance</b></p>								
<p><b>3 point balance</b></p>								
<p><b>4 point balance</b></p>								

Can you try these different yoga poses?



## Jump Against the Clock.

How many star jumps can you do in a set amount of time?  
Time yourself or get another member of your household to help.

15 seconds:

30 seconds:

60 seconds:



Challenge Yourself! We have doubled the time on each go. Can you double your score?



Using your scores from above, can you answer the following maths related questions?

What is the total amount of star jumps completed?

Find the difference between your highest and lowest score?

If you did this activity three times in a week, what would be your total score for the week?

## Speedy Steps!

Using a step within your house, or using the bottom of your stairs, how many step ups can you do in 15 seconds?  
Take 5 attempts and record a score for each.

Round 1

Round 2

Round 3

Round 4

Round 5

**Now see if you can double your score in 30 seconds  
OR how many steps you can get in one minute!**

Using the numbers within your scores line them up in number order for example if you managed to do 14 step ups, split that up into 1 and 4. Try to answer the following questions: (You can only use each digit once)

What is the largest 3-digit number you can make using the numbers?

What is the largest 4-digit number you can make using the numbers?

What is the largest 5-digit number you can make using the numbers?

Take the 3-digit number from the 5-digit number to find the difference between them?

## Circuit Challenge!

### 5 x Step Ups:

Using the bottom step of your stairs.

### 4 x High Knees:

Jumping bring your knees to your chest.

### 3 x Star Jumps

Big jump making a star shape with arms and legs

### 2 x Hops

Balance on 1 leg, bend your knee and hop

### 1 x Balance:

Balance on one leg for 30 seconds as your rest period.

**See how many times you can repeat the circuit without stopping!  
Can you double up the amount of exercises you have to complete?  
Do you have any ideas of exercises you can add to the circuit?**

Thinking about the changes to your body when you exercise, write three sentences below to describe some of the changes that happened when doing the circuit.

#1

#2

#3

## Super Sockball Challenges!

Roll up a pair of socks or use a small ball. Write down how many attempts it takes you to complete the following

### Challenge A -

Throw in air, sit down and catch.

### Challenge B -

Throw in air and catch behind your back.

### Challenge C -

Throw in air, sit down, stand up and catch.

**Can you challenge yourself even further and add in a clap after each throw?  
How else could you make the challenges harder?**

Thinking of sports, we may have to 'throw and catch' a ball in, research and answer the following:

Which country invented the sport cricket?

Write three facts about that country.

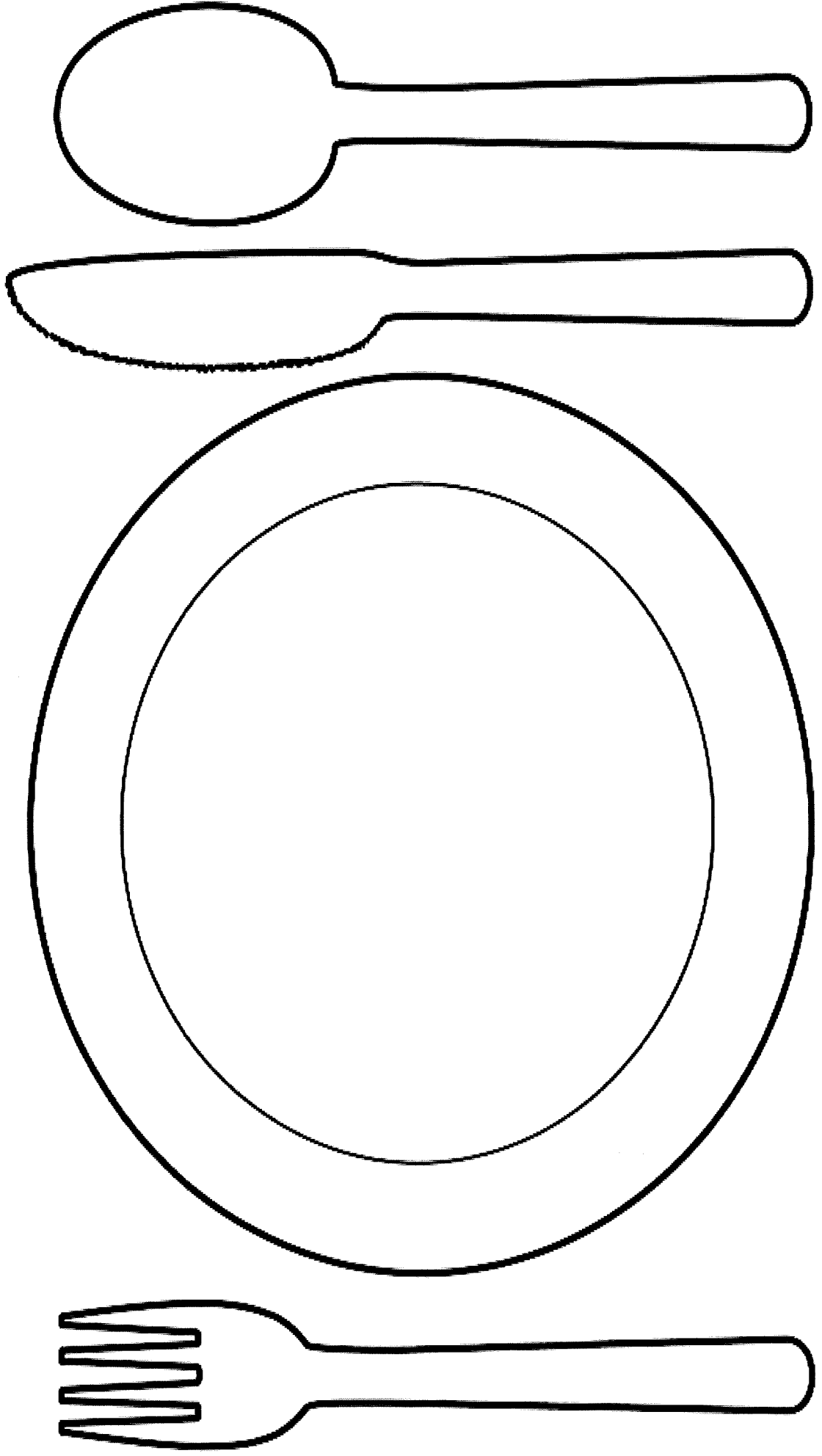
Which country won the handball gold medal at Rio 2016?

Write three rules for handball at the Olympics.

In what country would you find the Chicago Bulls basketball team?

Write three facts about the sport of basketball.

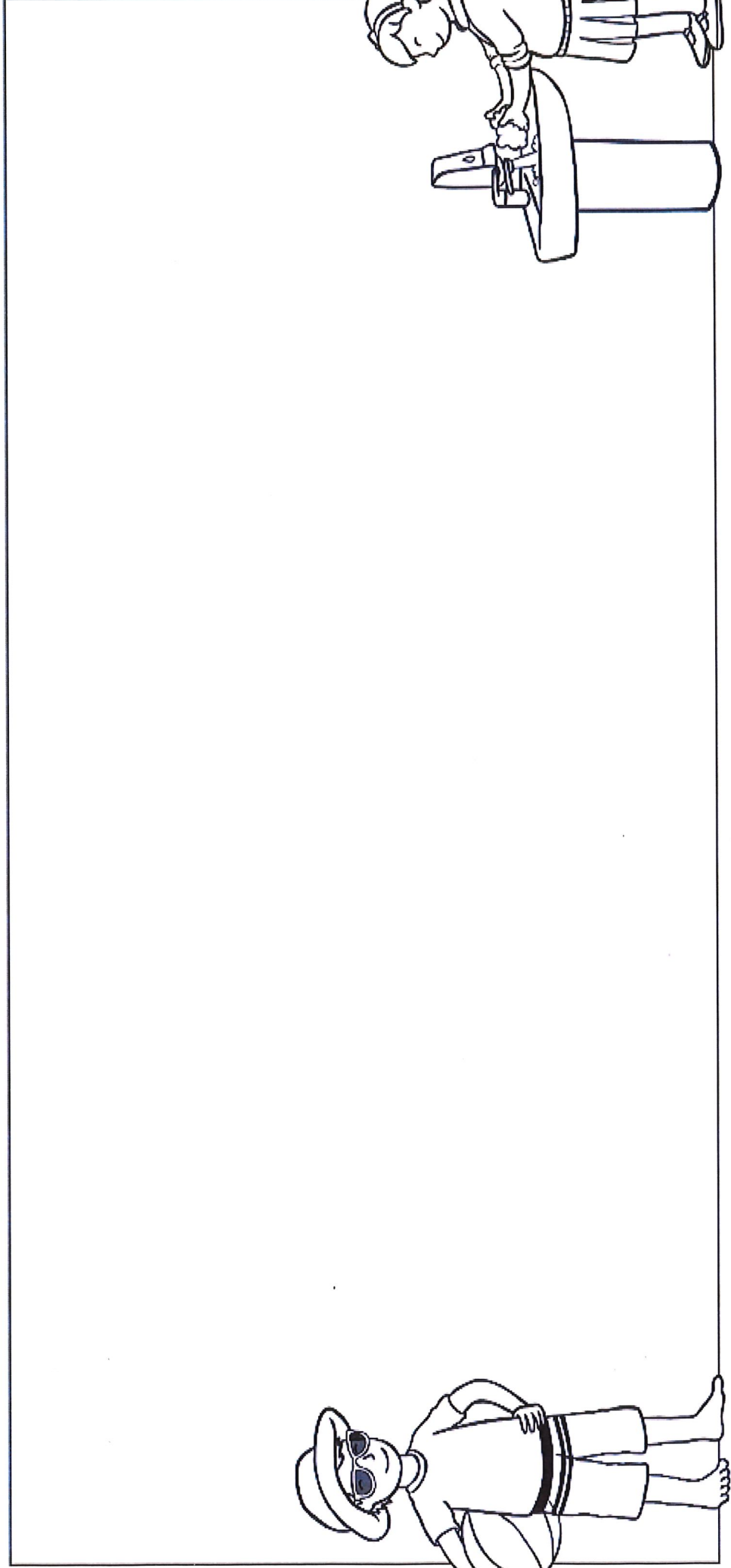
Draw a healthy plate of food





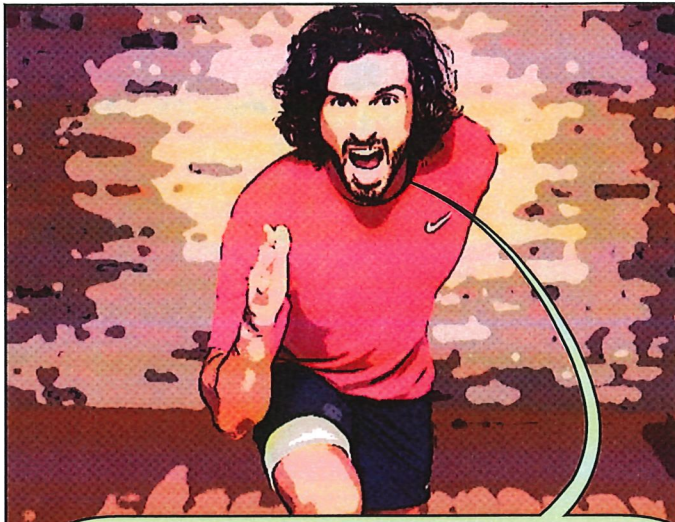
## Looking after Yourself

There are lots of different things we need to do to look after ourselves. How do you look after yourself?  
Draw a picture in the box to show a way of looking after yourself.



# BEING ACTIVE AT HOME

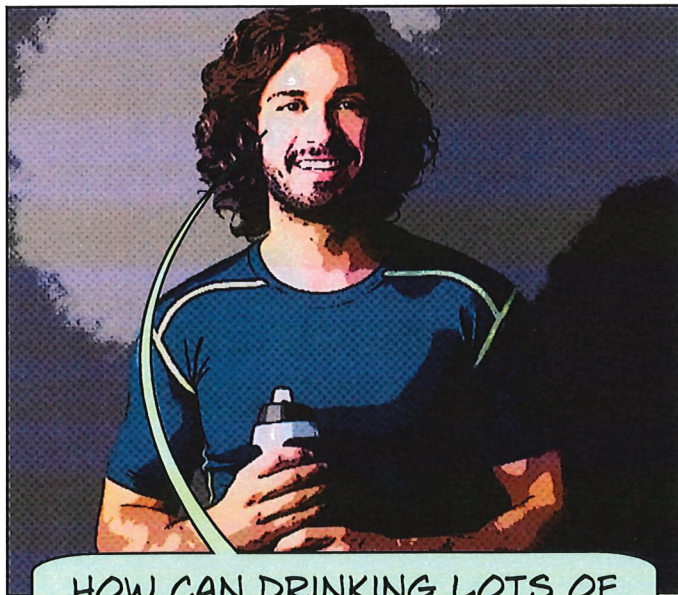
Joe Wicks is offering free physical activity workout videos on his YouTube channel Monday to Friday at 9am. Physical activity and exercise is an important part of our school day. Here are some questions you may be asked in PE lessons after completing your workouts and exercise.



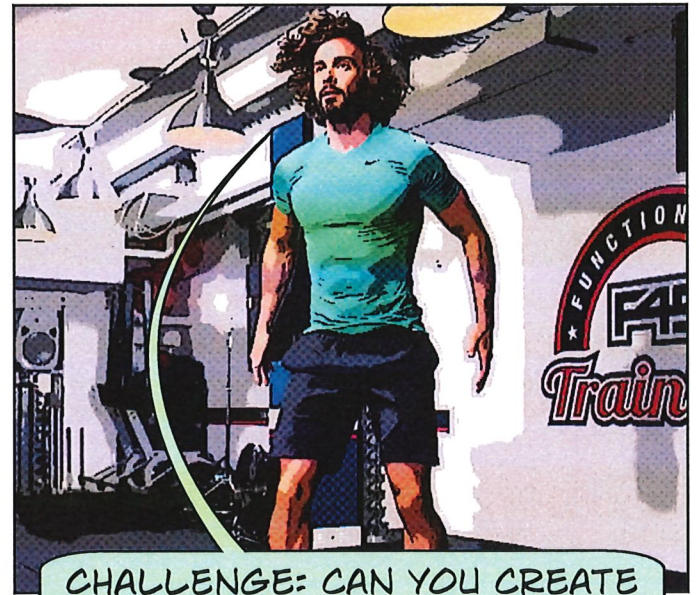
HOW DID YOU FEEL BEFORE, DURING AND AFTER THE WORKOUT? HOW DID OUR BODY AND FEELINGS CHANGE?



WHAT WAS YOUR FAVOURITE EXERCISE? WHY WAS THAT YOUR FAVOURITE?



HOW CAN DRINKING LOTS OF WATER AND EATING HEALTHIER FOODS HELP US WHEN EXERCISING?



CHALLENGE: CAN YOU CREATE YOUR OWN WORKOUT ROUTINE TO CHALLENGE YOURSELF, FAMILY AND FRIENDS?

PICK AN EMOJI THAT SHOWS HOW YOU'RE FEELING



WHAT MADE YOU PICK THAT ONE?

Well done for completing your workout! You're awesome for looking after your health and for being active!

# MY HIIT WORKOUT

ENJOY ONLINE PHYSICAL ACTIVITY HIIT (HIGH INTENSITY INTERVAL TRAINING) WORKOUTS?, CREATE A CHALLENGING HOME WORK OUT ROUTINE, MAYBE ADDING SOME EQUIPMENT AVAILABLE TO YOU.

HIIT WORKOUTS USUALLY FOLLOW A PATTERN OF 30 SECONDS MAXIMUM EFFORT AND 30 SECONDS RECOVERY AND LASTING FOR 30 MINUTES MAX.

ONCE CREATED, HAVE A GO! (MAKE SURE YOU WARM UP AND YOUR SURROUNDINGS ARE SAFE) COMPLETE AS MANY ROUNDS AS YOU CAN UNTIL THE TIME RUNS OUT. ENJOY!

1

2

3

4

5

REST FOR 60 SECONDS & GO AGAIN  
REPEAT UNTIL TIME RUNS OUT