

P.E from Home Year 3&4

Introduction

Physical activity can be lots of things. It can mean all bodily movements that use energy. It includes all types of physical exercise, sports and dance activities. But it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (walking, cycling, scooting) and even something as simple as using the stairs in your home.

For everyone, not just children, who are stuck at home this lockdown it's important to maintain a physical exercise routine and where possible try and stay as active as you can be. It may even be a great time to increase how active you are if you have more available time. Staying active is extremely important, we should aim to do physical activity everyday for 60 minutes if you are aged between 5-18.

The following PowerPoint is our third instalment for P.E. at home and has some new ways in which your child can stay active this week as well as those challenges for across this half term. Hopefully you are making a start at those longer activities for this half term. Maybe some of you have already climbed many mountains or even got Bingo? Remember if you have let us know on class dojo.

Thanks Elliott

This Weeks Activities

This week one of our focuses is going to be on strength and balance through gymnastics. We will also focus on hand-eye coordination and reactions. Core strength and good balance are essential in any young child's life and are required in the basic movements and activities they will do daily. Hand-eye coordination and reactions are just as important in daily life but apply to this half-terms sporting focus of Hockey, but are even more essential in our upcoming next half-term sports of Badminton and Tennis.



Warm-Up & Activity 1: Rock & Roll Gymnastics

Our next activity will work on some gymnastic moves to help increase strength and balance. All of these moves are very basic but are great for improving leg and core strength and despite the children in the video making it look easy for some of us whose legs may not be as strong or struggle with our balance you may find these challenging. Even get parents at home to give them a go I'm sure some of them would be surprised at how hard the last roll to one leg move might be for them. The video link below shows you how to play and what we are going to practice.

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

Courtesy of Yorkshire Sport Foundation

Do the following to earn those medals;

Gold: Rock back and forward to stand on one leg 5 times in a row on each leg.

Silver: Rock back and forward to stand on two legs 15 times in a row.

Bronze: Rock back and forward to sit up 20 times in a row.

Submit your high score for keep ups and rallies to class dojo!

60 Second Challenge		Activity Tracking Sheet	
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Activity 2: Balloon Blasting

Our next activity will test our hand-eye coordination through striking the balloon to keep it up and return it to a partner. The video is more aimed towards key stage 1 but illustrates the basics of what we are going to practice.

<https://www.youtube.com/watch?v=o8AlvWfmJlo>

Courtesy of Yorkshire Sport Foundation

Now for our challenge what I would like you to do is with a partner if possible try and keep the balloon up for as long as possible. But to make it harder set up a circle or square on the floor; you must always have one foot inside this created area at all times. This will mean you need to be more accurate with your hits to keep the rally going.

For the second challenge on your own can you try and keep two balloons up for as long as possible. Use both hands and you may have to swap between right and left for each balloon to keep it up.

Gold: Get a rally of 90 seconds and keep two balloons up on your own for 45 hits.

Silver: Get a rally of 60 seconds and keep two balloons up on your own for 30 hits.

Bronze: Get a rally of 30 seconds and keep two balloons up on your own for 15 hits.

Submit your high score for keep ups and rallies to class dojo!

60 Second Challenge Activity Tracking Sheet

Tick the boxes when you achieve Gold, Silver and Bronze?

Can you keep working hard to achieve Gold, Silver and Bronze?

Name: _____

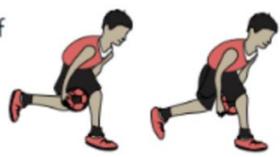
			
			
			
			
			
			
			
			
			
			



Figure of 8 60 Second Challenge

Do you believe in yourself and keep trying even if you drop the ball?

How many times can you pass a ball through both of your legs in 60 seconds?



! If you drop the ball, pick it up quickly and carry on counting your score from where you left off.

- Use a ball**
If you do not have a ball, use a toilet roll or a cuddly toy.
- Don't drop it!**
Each time you drop the ball take five seconds off your time!
- Stop the clock, it's a race!**
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
40 times through your legs

Achieve Silver
30 times through your legs

Achieve Bronze
20 times through your legs



Fast Feet 60 Second Challenge

Can you keep going even if you lose control of the ball?

How many times can you dribble a ball around a marker and back in 60 seconds?



! Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back you score one point.

A ball and two markers.
If you do not have a ball, how many times can you run around the marker and back?

Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.

Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
22 dribbles around the marker and back

Achieve Silver
16 dribbles around the marker and back

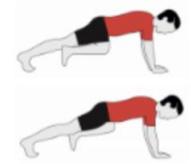
Achieve Bronze
10 dribbles around the marker and back



Climb the Mountain 60 Second Challenge

Can you keep going even if you start to feel tired?

How many mountain climbers can you complete in 60 seconds?



! Make sure you bring your knees up as you move, do not just flick your legs up and down.

No equipment is required.
Just make sure you use a clear, open and safe space.

Challenge yourself!
Perform a press up after each mountain climber.

Compete against other family members.
The first person to achieve gold is the winner.

Achieve Gold
50 mountain climbers

Achieve Silver
30 mountain climbers

Achieve Bronze
20 mountain climbers



Activity 3: 60 second skill challenge *bonus*

Here are a few more 60 second challenges you can do to earn even more medals. Remember don't worry if you don't get Gold straightaway keep practicing to work your way up from Bronze, to Silver, to Gold. Remember to record your scores on the score sheet from the previous slide.

Activity 4: Workout Challenge

The below are a few links to videos from the wonderful YouTube channel of Joe Wicks who has been keeping the entire nation moving across all three of these lockdowns. They are some short exercise blasts that can be done in one go as a longer exercise workout or as a daily top up.

Active 8 Minute Workout Featuring Eloise and Charlie | The Body Coach TV

- <https://www.youtube.com/watch?v=pLuM18pgzbM&list=PLyCLoPd4VxBvPHOpzoEk5onAEbq4og2-k&index=14>

Active 8 Minute Workout 3 | The Body Coach TV

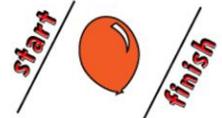
- https://www.youtube.com/watch?v=gUw9ug_g-gM&list=PLyCLoPd4VxBvPHOpzoEk5onAEbq4og2-k&index=18

Remember to go to Joe Wicks YouTube channel Monday, Wednesday and Friday where he streams live at 9 am loads of fun P.E. sessions. (More on this on slide 16).

Cool-down: Balloon Dash

How to play...

- 1 Grab a balloon and mark out a start line and a finish line.



- 2 Sit back to back on the start line and carefully place the balloon between your backs. Use a wall if you're by yourself.



- 3 Shuffle to the finish line without dropping or bursting the balloon.



- 4 Think of different ways of holding the balloon between you. Keep going until 10 minutes is up!



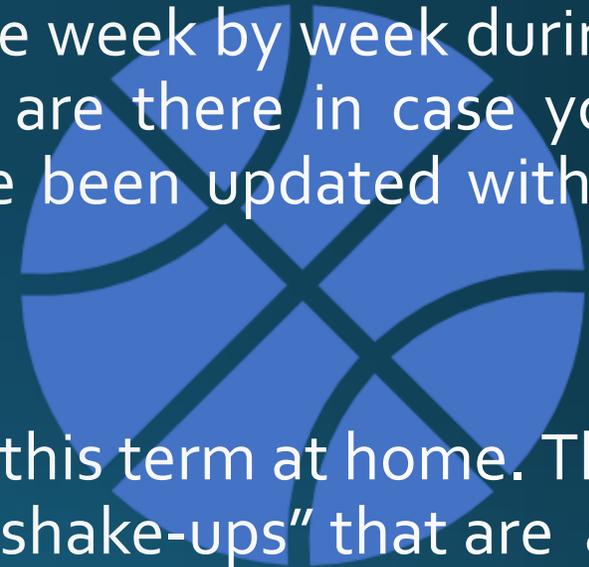
As we already have the balloons from our previous challenge, we are going to use them for our cool down today. It is a 10 minute shake up challenge from change for life's page (see slide 10).

For the challenge your aim is to work together with a partner to move the balloon from one point to another with the balloon between your backs without letting it touch the floor.

Activities to Keep You Moving This Half-term

Remember there are lots of other ways you can keep active this half term. These next few activities are ones you can complete week by week during lockdown. All the activities from previous weeks are there in case you haven't had chance to start them yet. Some have been updated with a few bonus challenges as well so look out for them.

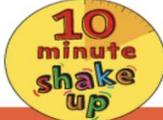
This week I've added another resource you can use this term at home. The NHS Change 4 life website has loads of "10 minute shake-ups" that are all Disney themed games based around your favourite characters that are easy to do at home with minimal equipment and are fun.



10 Minute Shake Up

Change4Life and Disney have teamed up to bring you play-along games inspired by your favourite Disney and Pixar characters. These 10-minute bursts of fun will really get kids moving and count towards the 60 active minutes they need every day!

There are 10 minute games for absolutely everyone. So if you want to play on your own or with a brother and sister or someone else at home you can. If you want to play a ball based game or a game with no equipment they've got them all. So if your favourite character is Elsa or your more a Buzz Lightyear fan that's fine go and have a look what game your most loved character recommends.



from **change4 life** with **Disney**



ZOOTROPOLIS

Wilde Time

Nick Wilde is always getting into tricky situations. If you were cornered, would you be able to run away without getting caught?

4 players or more 5,074 



change

4 life

Eat well Move more Live longer



Lockdown Bingo!



Staying active is extremely important, we should aim to do physical activity everyday for 60 minutes if you are aged between 5-18.

Try these great ideas on our bingo sheet and see if you can complete a line a week or better yet complete the entire sheet by the end of lockdown and celebrate getting BINGO!!!

Has anyone got a line yet? Or even bingo?!

Mountain Climbers

Let's climb a mountain! Using your stairs or just walking around the rooms in your house.

Every day this year we've been doing our daily mile and we don't want to stop now just because of lockdown. So here's a simple and challenging idea to keep it going. You climb the height of your chosen mountain by taking steps up your staircase. The current record for vertical height climbed by going up stairs is 18585m in 24 hours. We will be impressed if anyone beats that!

Your challenge is to pick a mountain you want to climb this lockdown find some facts about the mountain and work out how many steps you need to do to climb that mountain. Here's a few already worked out for you:

Scarfell Pike: 6,180 steps

Snowdon: 7,120 steps

Ben Nevis: 8,810 steps

Whereas Mount Everest will take 58,070 steps!!!

BONUS Before lockdown I climbed Helvelyn in the Lake District. It is around 3500 steps to get from the bottom to the top on the route I took. Can anyone beat my time of 2 hours 30 minutes to get from the bottom to the top.

Don't forget if you complete one you could always climb another there are plenty of mountains to climb.



Scavenger Hunt

Indoor scavenger hunt is the perfect challenge for being stuck inside.

1. Find some small items that you could hide around the house.
2. Get someone at home to hide them - you could start with just one room, or one item in each room.
3. Time how long it takes to collect them all.
4. Try it again and try and beat your time.

Ways to make it more challenging;

1. Add more items and try and make them smaller and smaller so they're harder to spot.
2. Add more rooms to the hunt so you have got a bigger area to search in.
3. Try to do complete the scavenger hunt moving in different ways. Have to move on all fours, only allowed to hop on one leg etc.



Create your own workout

Following on from everyone enjoying creating their own workouts in the first week. I've added it to the half term activities so that you can carry on perfecting your work out routines. Keep working at them and hopefully when we are all back in school and we can use them as a warmups.

Try these extension tasks if your really enjoying this one:

1. Create your own list of movements to try.
2. Add some music to your routine and perform it for someone.
3. Choose 3 different balances and link each balance with a movement from your list e.g. a twist, a jump, a roll. Try and hold each balance for 3-5 seconds.

Sequence Champions
Home Physical Education

How to play:

- Use a dice to create a movement sequence.
- You are going to add 3 movements together.
- Roll the dice 3 times to see which 3 movements you will need to perform:

Roll a 1 – A star jump
Roll a 2 – A roll
Roll a 3 – A turn
Roll a 4 – A twist
Roll a 5 – A tuck jump
Roll a 6 – A balance

• Think of creative ways to link the movements.
• Practice your sequence and then perform!

Can you perform your sequence and ask for feedback?

Can you keep practising to improve your sequence?

Top Tips
Link your movements
When you finish your first movement try and move into the next movement smoothly without pausing.

Let's Reflect
What did you find difficult about linking your movements together?
Did you manage to complete the sequence without stopping?

Complete P.E.
MOTIVATION LEADERS SUCCESS

YOUTH SPORT TRUST

25 YEARS
Believing in every child's future

Joe Wicks: P.E at home

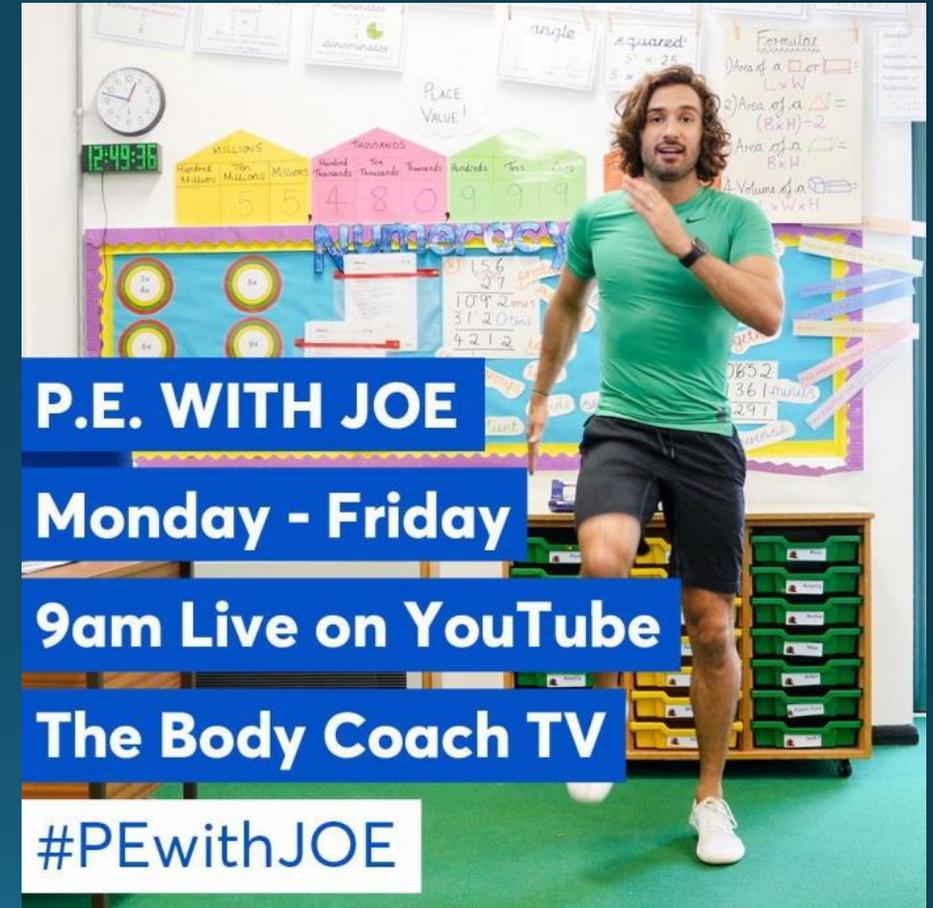
If you are still looking for more workout-based activities, Joe Wicks' weekly workouts are great for kids of all ages.

They are three times a week: Monday, Wednesday and Friday live streamed from gam.

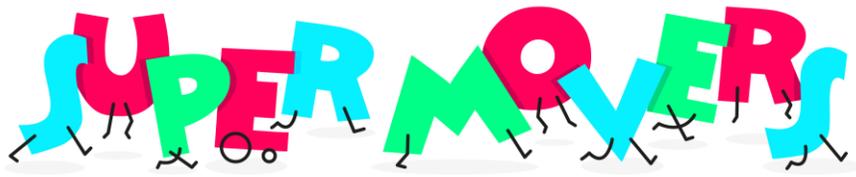
YouTube channel link:

<https://www.youtube.com/channel/UCAxW1XT0iEJooTYIRfn6rYQ>

These videos are an excellent tool to use both at school and at home that many schools just like ours are taking advantage off and thankful for.



BBC Supermovers for KS₁ and KS₂



BBC



BBC Supermovers is a fun filled resource for all primary school ages both KS₁ and KS₂. It is packed with loads of ways to keep young people moving and active but at the same time learning and practicing other key subjects like Maths, English and Science.

The webpage link is:

<https://www.bbc.co.uk/teach/supermovers>

There are up to a 100 different videos to choose from so go have a look and find some fun new ways to learn and be active at the same time.

Bonus Challenge

If you haven't already get creating your own hockey stick!

In anticipation of coming back to school you could be practicing your hockey skills. But to do this you'll need a hockey stick. As a challenge over the next few weeks try and create one yourself and decorate it how you like. Here's a few examples for you. Submit a picture of yours to your class dojo so we can see your creations.

On the next slide I have updated the hockey videos so if you've already made yours check them out and see if you can give some of them a go. If not just give them a watch to help with your Hockey development and learning.



Extra videos for inspiration for HOCKEY

If you have created your own Hockey stick you could try following these videos for practice or just watch to help understand how we play the sport.

Hockey Core Skills: Grips - Double V Grip:

<https://www.youtube.com/watch?v=2GePCYSF6nY>

Hockey Core Skills: Passing Skills - Hit:

https://www.youtube.com/watch?v=93xlxmH3_3U

Hockey Core Skills: Passing Skills - Forehand Sweep:

<https://www.youtube.com/watch?v=hD4gMCZAcVo>