

# 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.

Here is our fifth P.E. At home instalment. We've got even more ways to keep busy and active this week that like always build on previous weeks challenges to both improve and consolidate our variety of physical activity skills sets. We are coming up to the end of the half term so hopefully many of you have now played some or all of the extension activities that were for the full half term and have enjoyed them and feel fitter and stronger for doing them. Remember like we said last week if there is one activity you really enjoyed from a previous week there is no reason you can't go back to that PowerPoint and play it again. These PowerPoints are all about giving you ideas for things to do at home, but that doesn't mean you can't be creative yourself and change some of these games to make them more fun for you!

Thanks Elliott!

# This Weeks Activities

Fast feet, throwing accuracy and catching are our three main activity focuses this week. These activities work on several skills that once again are applicable to loads of sports for example, netball, rounders, tennis or rugby; but essential in children's daily lives both now and as they grow into young adults. We should always be looking to build on and improve existing skills that we have, which is why again this week two of our activities build on previous weeks to consolidate and enhance our attributes in those sporting areas.

Our fast feet agility builds on the footwork patterns tandem the agility activity from last week. The second is a different version of our throwing for accuracy we played a few weeks ago. However, the difference here is that the targets are flat. So there's a real emphasis on height, weight and timing of your release. Thinking about applying these skills to sport; there is the cross field pass in hockey or even shooting the basket in basketball. The last activity focuses on our catching with the emphasis on hand-eye coordination, reactions and reflexes; which are key attributes in next half terms sporting focus of Badminton and Tennis.

Again this week there is a third main activity to give you more choice and keep you busy. That also means this week we've got more chances than ever to win those Gold medals with three activities as well as the 60 second challenges! Remember to have a go at all the different version of the activities in the videos in activity 1,2 and 3. Do this to improve your skills before playing the version of the game that is the focus of our medal challenge so that you have the best possible chance of getting that gold for each one. If you get Gold once you can always do it again; a good champion always looks to add further success and defend their titles!

Remember you don't have to do all of these activities in one go! Spread them across the week if you want to keep you busy!



# Warm-Up & Activity 1: Agility Fast Feet

This weeks first activity is building on last week with one of our focuses again being agility. Agility is being able to move quickly and easily, and it is key to the development of any child at any age. This skill can be used in a variety of situations, sporting and non-sporting. The video link below shows you how to play and what we are going to practice. Give all three games down in the video ago.

<https://www.youtube.com/watch?v=laNjXnB-7gU>

Courtesy of Yorkshire Sport Foundation

For our medal challenge play the third game in the video setting up two items at each side of you and your partner facing each other. To get those medals you've got to be quicker and more agile than your partner.

Do the following to earn those medals;

Gold: Grab the item faster than your opponent 10 times.

Silver: Grab the item faster than your opponent 7 times.

Bronze: Grab the item faster than your opponent 5 times.

Remember to change the action your doing in between goes; highness, star jumps, running on the spot etc.

Submit your high scores to class dojo!

60 Second Challenge Activity Tracking Sheet			
Tick the boxes when you achieve Gold, Silver and Bronze?	Name:		Can you keep working hard to achieve Gold, Silver and Bronze?
			
			
			
			
			
			
			
			
			
			

# Activity 2: Flat Target Accuracy

This flat target accuracy activity will develop hand-eye coordination, maths, and things like patience, perseverance and determination. This activity also links back to the throwing for accuracy activity we did a few weeks ago; but will have us throwing in a whole new way. The video link below shows you how to play and what we are going to practice.

<https://www.youtube.com/watch?v=dxnX2W3LcDY>

Courtesy of Yorkshire Sport Foundation

For our medal challenge we are going to earn them by playing the third game in the video "bank your score". Try and get as high a score you can in 1, 2 and 3 minutes! For the medals I have based the scores on targets of 50 (smallest, half A4 paper), 25 (medium, A4 paper) and 10 (biggest, 2 A4 paper) being stood about 5 yards away and set myself the challenge for 60 seconds.

Do the following to earn those medals;
















Gold: Score 150+ points in 60 seconds

Silver: Score 100-149 points in 60 seconds

Bronze: Score 50-99 points in 60 seconds

\*bonus\* Can anyone beat my high score of 285 in 60 seconds??


Submit your high scores to class dojo!

60 Second Challenge Activity Tracking Sheet			
Tick the boxes when you achieve Gold, Silver and Bronze?	Name:		Can you keep working hard to achieve Gold, Silver and Bronze?
			
			
			
			
			
			
			
			
			
			


# Activity 2: Flat Target Accuracy Continued...

If you liked that activity try this other way to play. It is still working on getting flat target accuracy but instead of throwing, it is through sliding. "Kitchen Curling" brings in the skills needed in sports such as Curling (pictured below), Bowls and 10 Pin bowling. This way to play makes it much harder as pushing the object is harder to gauge the weight and force required.







## Kitchen Curling PE Home Learning




Can you play fairly and keep the score?


### Time to Learn:

- Clear a space on a smooth surface i.e. a table or hallway floor and place a target at one end of the space.
- Using a pair of rolled up socks, slide them across the floor, trying to get them as close to the target as possible.
- Play against an opponent. Each player has three pairs of socks. The pair of socks closest to the target scores a point.
- The player with the most points after three rounds is the winner.






Place the target marker closer to you. Only move it further away when you feel confident.



Place obstacles in the way of the target!




Have a competition!  
Create a league table and play against different family members.

### Top Tips


Focus on the target

- Concentrate on the target and use an underarm technique to slide the socks along the surface.




### Let's Reflect

What did you find easy or hard about this game?  
How did you feel when your socks were the closest?



Complete P.E.  
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# Activity 3: Catching

Here's an incredibly simple activity that will work wonders for your hand-eye coordination. Catching is a vitally important skill as It is used in lots of different sports, such as basketball, netball, rugby but it is also a really important fundamental skill when it comes to developing hand eye coordination which can be used in everyday parts of life. The video link below shows you how to play and what we are going to practice.

<https://www.youtube.com/watch?v=GXNgcYj6eX8>

Courtesy of Yorkshire Sport Foundation

For our medal challenge we are looking at the fourth version of the activity in the video; "catch tennis". Practice first by trying to get as long a rally with a partner as you can but still make it challenging. Then play some matches; you could say first to 11 points wins!





























Do the following to earn those medals;

Gold: Get a rally with a partner of 30 and win 3 games.

Silver: Get a rally with a partner of 20 and win 2 games.

Bronze: Get a rally with a apartment of 10 and win 1 games.

Submit your high scores to class dojo!

60 Second Challenge Activity Tracking Sheet			
Tick the boxes when you achieve Gold, Silver and Bronze?	Name:		Can you keep working hard to achieve Gold, Silver and Bronze?
			
			
			
			
			
			
			
			
			
			



## Skipping 60 Second Challenge



How many times can you skip in 60 seconds?



! Both feet must land over the rope for the skip to count.



Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips



## Socks in the Box 60 Second Challenge



How many socks can you pair up and put in the box in 60 seconds?



! Place unpaired socks five steps away from a box. Players run, match up a pair of socks and place them in the box.



Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks



## Speed Bounce 60 Second Challenge



How many times can you bounce over a pillow in 60 seconds?



! Both feet must land over the pillow for the jump to count.



Achieve Gold

70 bounces



Achieve Silver

50 bounces



Achieve Bronze

30 bounces



# Activity 4: 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 5: 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 featuring Harry | The Body Coach TV

- [https://www.youtube.com/watch?v=TUp2\\_VAHlrl&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq4og2-k&index=12](https://www.youtube.com/watch?v=TUp2_VAHlrl&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq4og2-k&index=12)

5 Minute Move featuring Zara | The Body Coach TV

- [https://www.youtube.com/watch?v=N7CXo\\_7sLTA&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq4og2-k&index=16](https://www.youtube.com/watch?v=N7CXo_7sLTA&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq4og2-k&index=16)

5 Minute Move featuring Francesca | The Body Coach TV

- <https://www.youtube.com/watch?v=hvJXQT4gowg&list=PLyCLOPd4VxBvPHOpzoEk5onAEbq4og2-k&index=22>

# Cool-down: That's not so Cool-down

This week we have ditched the easier cool-down and we are going to finish with a fun flexible fitness circuit. After 5 weeks of P.E. at home we should all be extra fit with all the activities and resources we have had to be getting on with, so we are not going to cool-down with an easier challenge instead we are finishing by putting all that hard work to the test!

The worksheet takes you through five moves that will make us stronger and flexible. You could do them once through each or do it in sets so work through all five 2 or 3 times, this would be a good idea for KS2. For KS1 and reception these moves can be simplified if one is proving more difficult than others. For example try doing less reps so only 5 instead of 10, or make the move simpler so for lunges don't go as low.

**Feeling Flexible?  
PE Home Learning**

Can you try your hardest on each station and ensure you do not give up?

**Time to Learn:**

- Layout five markers in a space around your area. These are your five flexibility circuit activities.
- Station 1:** Perform ten extended tucks.
- Station 2:** Perform ten roll and release.
- Station 3:** Perform ten lunges.
- Station 4:** Perform ten arches, holding each one for five seconds.
- Station 5:** Perform ten extended leg raises.
- How many times can you repeat the circuit?

Perform five 'repetitions' on each station instead of ten.

Exercise for one minute at each station before moving to the next one.

Challenge other members of your family to complete the circuit with you.

**Top Tips**

Stretch Out!

- By stretching this will improve our flexibility.

Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

**Let's Reflect**

How do you think stretching will improve flexibility?


Why is being flexible important when playing sport?

**Complete P.E.** | **YOUTH SPORT TRUST**

# Next Sporting Focus Intro: Badminton & Tennis


With half term approaching and our sporting focus moving from Hockey to Badminton and Tennis. I thought it appropriate to add in this Table Tennis at home game. Over the last few weeks we have done many Tennis based games as they are great for testing a range of skills, loads of fun and easy to do at home.

Give this game a go with someone at home to get you into the swing of next half terms topics and on your way to becoming a Tennis pro. You might even be able to show us those skills you have mastered when everyone can return to school.



## Table Tennis PE Home Learning

Can you play fairly and keep the score?



**Time to Learn:**

- Use a table (outside or inside) and books or cups to create a net.
- Using a small ball or rolled piece of paper, can you hit the ball/piece of paper, using your hand over the net and land it on your opponents side?
- If you are using a ball, it can not bounce more than once, if you are using a piece of rolled up paper it is not allowed to bounce.
- The first player to score ten points is the winner.

Play on your own and throw the ball against a wall. Let it bounce once and then catch it.

Play for five minutes. The player with the most at the end is the winner.

Have a competition! Create a league table and play against different family members.


**Top Tips**

- Strike the ball low to high
- Use the palm of your hand and hit the ball from underneath, pushing it up over the net low to high.


**Let's Reflect**

How were you able to hit the ball with your hand after one bounce?

How did you feel when you kept the ball going in a rally?



Complete P.E.  
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# 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 a new version of our lockdown Bingo; Daily Mile Bingo. As we said last week in our cool-down, The Daily Mile has been a big part of our school life both this and last school year trying to stay as healthy as we can in these times where we can't play as much sport or get outside and exercise as much as we would like. With this Bingo it gives us fun incentives to keep going with our Daily Mile and compete it at home. We have also got a new version of our Monopoly Fitness; Sportopoly. Again, this resource like others we have used in these presentations comes from the excellent youth sport trust. So, if you have already played our first version give his one a go with people at home for some great fun. The final activity added to keep us busy is a graphic which just gives some inspiration for indoor activities suitable for early KS2, KS1 and Reception. This could be a good one for game and activity ideas for half term if you get bored.

# Online Weekly Sessions Timetable

The table below gives you an overview of what online classes are available that you can do at home for free and when they are streamed live on YouTube. All sessions are available on the providers channel after the stream so don't worry if you miss them or can't tune in at that time they can always be done later.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Am	Am	Am	Am	Am	Am	Am
9am till 10am Joe Wicks P.E. At Home <a href="https://www.youtube.com/playlist?list=PLYCLoPd4VxBuS4UeyHMccVAjpWaNbGo_mt">https://www.youtube.com/playlist?list=PLYCLoPd4VxBuS4UeyHMccVAjpWaNbGo_mt</a>	10:30am till 11am YST Healthy Movers (EYFS & Year 1) <a href="https://www.youtube.com/channel/UCJerWssJeAsbd1kY79oRm7g">https://www.youtube.com/channel/UCJerWssJeAsbd1kY79oRm7g</a>	9am till 10am Joe Wicks P.E. At Home <a href="https://www.youtube.com/playlist?list=PLYCLoPd4VxBuS4UeyHMccVAjpWaNbGo_mt">https://www.youtube.com/playlist?list=PLYCLoPd4VxBuS4UeyHMccVAjpWaNbGo_mt</a>	10:30am till 11am YST Healthy Movers (EYFS & Year 1) <a href="https://www.youtube.com/channel/UCJerWssJeAsbd1kY79oRm7g">https://www.youtube.com/channel/UCJerWssJeAsbd1kY79oRm7g</a>	9am till 10am Joe Wicks P.E. At Home <a href="https://www.youtube.com/playlist?list=PLYCLoPd4VxBuS4UeyHMccVAjpWaNbGo_mt">https://www.youtube.com/playlist?list=PLYCLoPd4VxBuS4UeyHMccVAjpWaNbGo_mt</a>		England Rugby Weekly Rugby Skill & Fitness Sessions  Mini & Juniors Age 7-17 <a href="https://www.youtube.com/playlist?list=PLcSP18boKfWMIWu1fevzCToyM5l8CQ5Yp">https://www.youtube.com/playlist?list=PLcSP18boKfWMIWu1fevzCToyM5l8CQ5Yp</a>
Pm	Pm	Pm	Pm	Pm	Pm	Pm
	5pm YST After School Sport Clubs <a href="https://www.youtube.com/user/YouthSportTrust/videos">https://www.youtube.com/user/YouthSportTrust/videos</a>	2pm till 2:45pm Chance to Shine Cricket Coaching <a href="https://www.youtube.com/results?search_query=chance+to+shine+live">https://www.youtube.com/results?search_query=chance+to+shine+live</a>	5pm YST After School Sport Clubs <a href="https://www.youtube.com/user/YouthSportTrust/videos">https://www.youtube.com/user/YouthSportTrust/videos</a>			



## Indoor At-Home Activities for KS1

This graphic gives us loads of potential games and activities that keep you moving and involve physical exercise. Many can be done with items you may have in the house. This might come in handy to keep you entertained and exercising if you finish the weekly activities or even if you find yourself a little bit bored and stuck for ideas of what you could do in this half term.

# change 4 life

Eat well Move more Live longer



## 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.

# Daily Mile Bingo

Keep doing those daily miles at home but now you can win while you run, walk, hop, skip, jump, or however else you want to your mile?!

Our daily mile cool-down last week was a little reminder that we have done it for so long in school and everyone has got so good at it, doing it quicker and quicker each week, don't stop doing it now in lockdown. Keep trying where you can to get it done and this daily mile bingo sheet should help with that.

Try doing your daily mile following these challenges and complete the whole card to earn your certificate. Go to this link to print off your daily mile certificate once completed:

[https://thedailymile.co.uk/wp-content/uploads/2021/01/Daily-Mile\\_NY-Bingo-Certificate-2.pdf](https://thedailymile.co.uk/wp-content/uploads/2021/01/Daily-Mile_NY-Bingo-Certificate-2.pdf)

 **NEW YEAR BINGO**  
**START 2021 WITH THE DAILY MILE BINGO**

Do The Daily Mile — 15 minutes of walking, jogging or running from front door to front door.  
Start 2021 with The Daily Mile and keep your children happy and healthy. See how many boxes you can tick off on the Bingo sheet and download a certificate for your children to keep. Good luck!

 Do The Daily Mile — nice and easy! <input type="checkbox"/>	 Do 10 Daily Miles <input type="checkbox"/>	 Do The Daily Mile three days in a row <input type="checkbox"/>	 Count how many laps you do on your Daily Mile <input type="checkbox"/>
 MONDAY Do the Daily Mile on a Monday <input type="checkbox"/>	 Do The Daily Mile in the afternoon <input type="checkbox"/>	 Do The Daily Mile in the morning <input type="checkbox"/>	 Sprint to finish your Daily Mile — run like Bolt! <input type="checkbox"/>
 Have a chat Find out something new about your running buddy <input type="checkbox"/>	 Run a different route <input type="checkbox"/>	 Do your Daily Mile without stopping — jog or run the whole time <input type="checkbox"/>	 Beat your lap record again <input type="checkbox"/>
 Beat your lap record — you can do it! <input type="checkbox"/>	 FRIDAY Do the Daily Mile on a Friday <input type="checkbox"/>	 Beat your lap record — one last time! <input type="checkbox"/>	 Do The Daily Mile five days in a row <input type="checkbox"/>

How many can you tick off?

☐ Four corners    ☐ Four in a row    ☐ Full house!

# 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.



# Monopoly Fitness

A fitness twist on the classic game. If you can, print off this slide and grab some coins as game pieces and some dice.

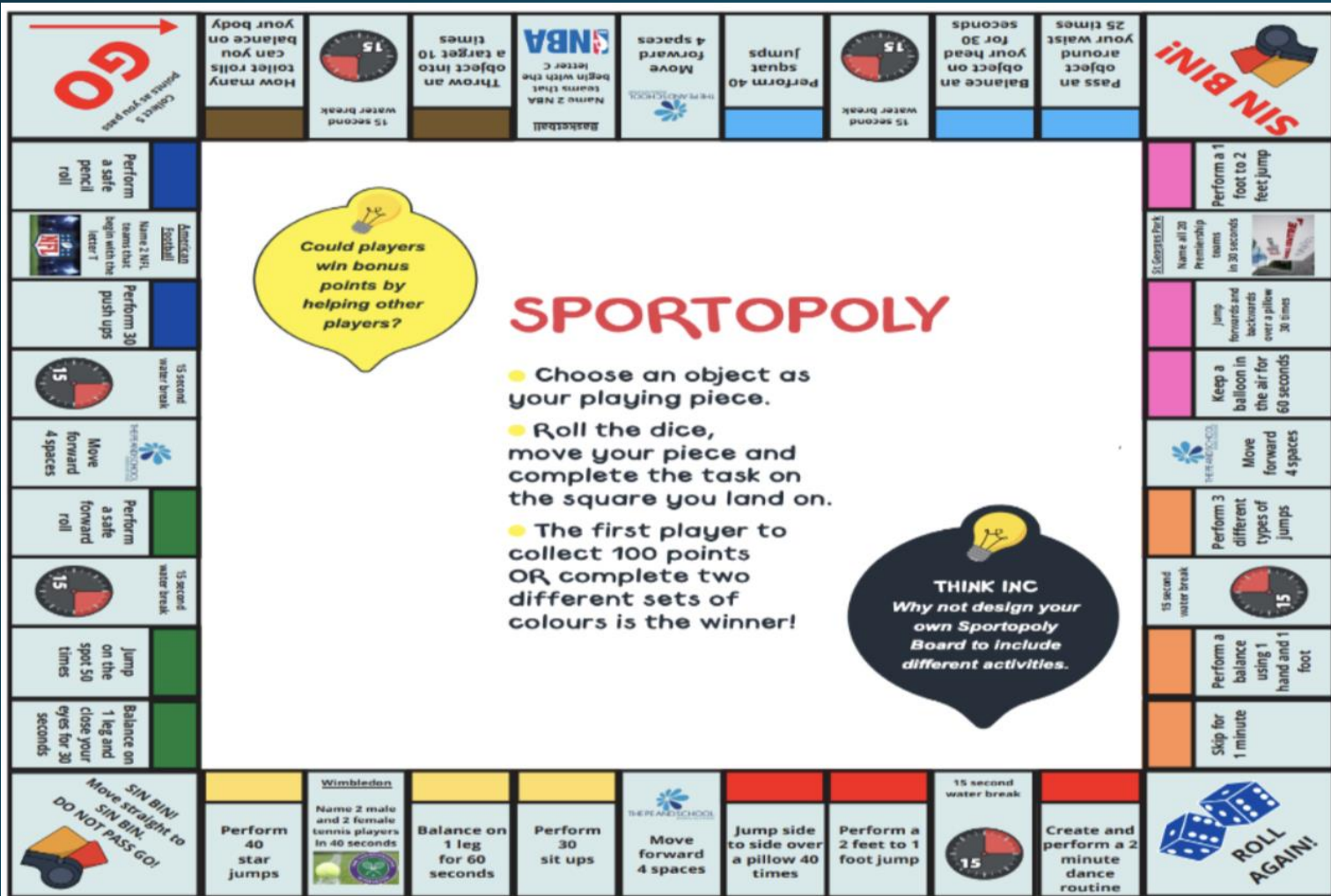
Roll the dice, move your game piece and complete each activity.

When you pass go give yourself one point. You could say first to 5 or 10 points is the winner. For a longer workout you could even do first to 20 points.

Good luck and have FUN!



# Monopoly Fitness Continued...Sportopoly!!



We've got a new version of our Fitness Monopoly that I know a lot of you enjoyed and were playing with parents and siblings.

This one has got new challenges for you to try, and some sport knowledge questions for you to have a go at. If you don't know any of the answers don't worry have a research and you can impress others with your new sporting knowledge.

First to 100 points or to complete two different sets of colours will be the winner. But remember even if you don't win that's okay because you will have been keeping fit and exercising!

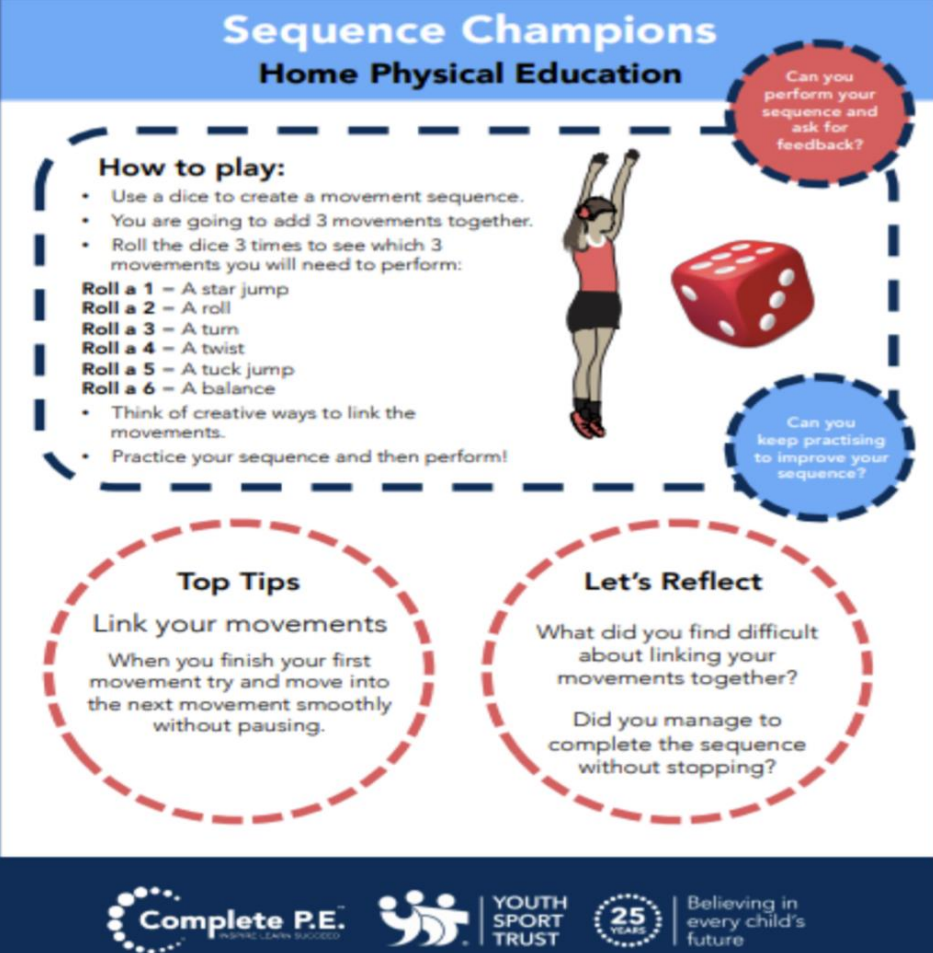
Again good luck and have FUN!

# 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.**  
MAKING LEARN SUCCESS

**YOUTH SPORT TRUST**

**25 YEARS**

Believing in every child's future

# Joe Wicks: P.E at home

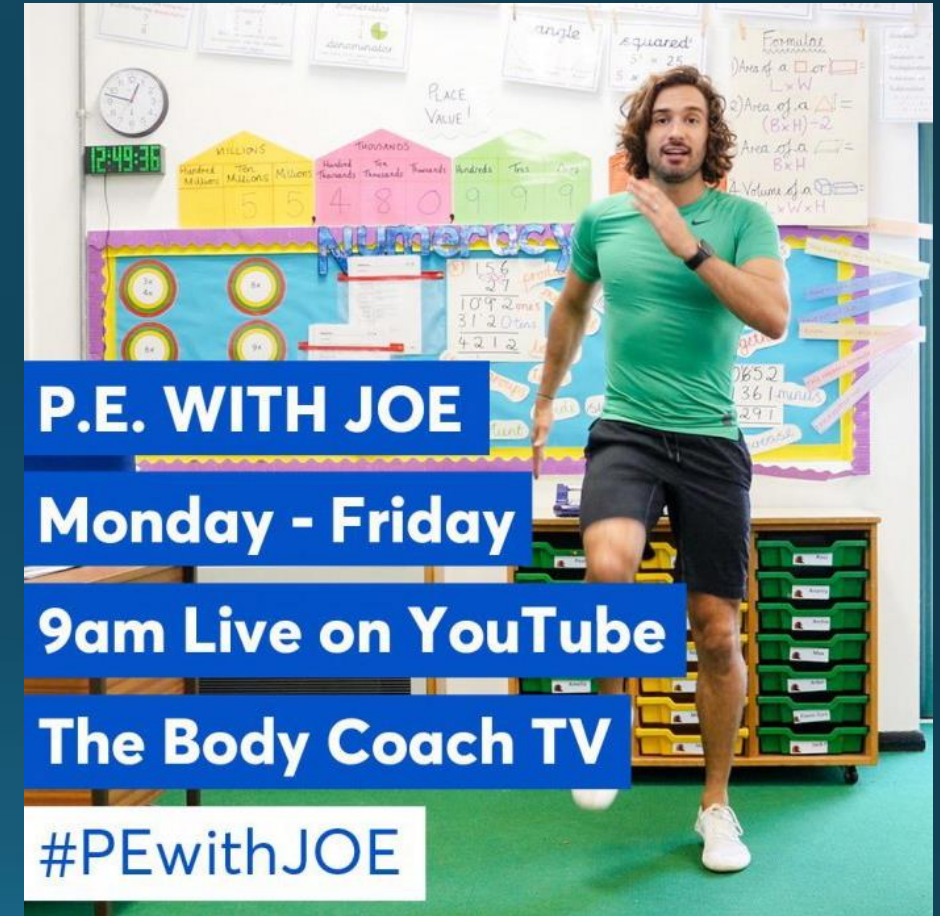
If you are still looking for more workout-based activities, Joe Wicks' weekly workouts are great for kids of all ages.

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

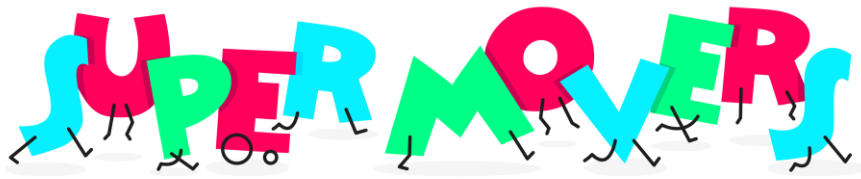
YouTube channel link:

<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 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

**\*\*Massive well done to those that have made their own Hockey Sticks your creations look amazing! We've now finished hockey in P.E. but that doesn't mean you can still use it to practice those hockey skills.\*\***

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.

- 5 Minute Skill Up Field Hockey At Home:
  - [https://www.youtube.com/watch?v=2HknbpzEOhw&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3\\_qJ9a\\_index=8](https://www.youtube.com/watch?v=2HknbpzEOhw&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3_qJ9a_index=8)
- Skills circuit: Improve your dribbling skills. Field Hockey at Home:
  - [https://www.youtube.com/watch?v=TnAmlbUnpVo&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3\\_qJ9a\\_index=9](https://www.youtube.com/watch?v=TnAmlbUnpVo&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3_qJ9a_index=9)
- Lockdown skills at home: Field Hockey at Home:
  - [https://www.youtube.com/watch?v=GfeU\\_HUtWSA&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3\\_qJ9a\\_index=10](https://www.youtube.com/watch?v=GfeU_HUtWSA&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3_qJ9a_index=10)
- 3D skills and dribbling: Field Hockey at Home:
  - [https://www.youtube.com/watch?v=PokFHoJVYkE&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3\\_qJ9a\\_index=11](https://www.youtube.com/watch?v=PokFHoJVYkE&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3_qJ9a_index=11)
- Baseline skills: Field Hockey at Home:
  - [https://www.youtube.com/watch?v=Cr\\_XKV-QUc&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3\\_qJ9a\\_index=12](https://www.youtube.com/watch?v=Cr_XKV-QUc&list=PLy5HdKy5pvTwGSyt5CBhaH5R1H3_qJ9a_index=12)