

P.E Home Learning Plan

<p><b>Health/Wellness:</b> Drink only water for the day</p> <p><b>Muscular Strength:</b> Lay on your back, legs straight, lift feet off the floor by 15cm</p>	<p><b>Fun:</b> e.g walk/jog along the beach</p> <p><b>Physical Activity:</b> Set up 2 markers 10m apart, run between the markers 20 times</p>	<p><b>Physical Activity:</b> 10 down to 1 burpees with 20 second rest in-between</p> <p><b>Muscular Strength:</b> Hold the plank position longer than a family member (attempt to achieve over 3 mins)</p>	<p><b>Use this time to do something that you enjoy the most.</b></p>	<p><b>Theory:</b> Can you find how out many vertebrates humans have?</p> <p>Where is the vertebrae?</p>
<p><b>Physical Activity:</b> 30 jumping jacks, rest for 1min, 30 jumping jacks repeat x4</p> <p><b>Muscular Strength:</b> Squat position hold for 20 seconds, rest for 10 seconds, squat hold for 20 seconds, repeat x3</p>	<p><b>Muscular Strength:</b> Jump up and hi 5 a family member or friend 20 times.</p> <p><b>Fun:</b> e.g a bike ride</p>	<p><b>Use this time to do something that you enjoy the most.</b></p>	<p><b>Physical Activity:</b> walk up and down the stairs 10 times. No stairs, walk with high knees for 200m</p> <p><b>Muscular Strength:</b> get a partner, and wheel barrow race over 20m repeat 3 times.</p>	<p><b>Theory:</b> Can you draw a skeleton and label the main bones in the body?</p>
<p><b>Physical Activity:</b> Speed bounce over a jumper 100 times.</p> <p><b>Health/Wellness:</b> Theres nothing better than getting lost in a book. Why not read a book for 30mins.</p>	<p><b>Use this time to do something that you enjoy the most.</b></p>	<p><b>Physical Activity:</b> Take a family member or a friend outside and have a game of tig.</p> <p><b>Health/Wellness:</b> Aim to eat 3 portions of fruit or veg today</p>	<p><b>Theory:</b> Can you describe the digestive system?</p>	<p><b>Health/Wellness:</b> Go for a walk and on your route, take photos of anything that you found interesting. When you get home stick them on a piece of card and bring them in to show the class.</p>
<p><b>Muscular Strength:</b> attempt to achieve 50 press ups throughout the day. Challenge a family member.</p> <p><b>Fun:</b> Build a tall tower. Take a photo and send it into school</p>	<p><b>Physical Activity:</b> Stand up and sit down 30 times.</p> <p><b>Muscular Strength:</b> 20 Downward dogs, repeat 4 times</p>	<p><b>Theory:</b> Can you find out how many games are played at the Olympics and name them?</p>	<p><b>Physical Activity:</b> Write your own circuit class for a family member or friend. Bring it into school and we may use it for our PE lessons.</p> <p><b>Muscular Strength:</b> 20 sit ups</p>	<p><b>Use this time to do something that you enjoy the most.</b></p>
<p><b>Physical Activity:</b> Go and play in the park. The challenge is 5 pull ups.</p> <p><b>Fun:</b> Do something that you haven't tried before.</p>	<p><b>Theory:</b> Name the largest external organ in the body? Name the largest internal organ of the body? Name the largest bone in the body? Name the largest muscle in the body?</p>	<p><b>Health/Wellness:</b> Sing a song. Video it and send it into school - if you dare!</p> <p><b>Muscular Strength:</b> Can you hold 6 different balances for longer than 30 seconds. Photo the best ones and send it in</p>	<p><b>Use this time to do something that you enjoy the most.</b></p>	<p><b>Physical Activity:</b> 10 second sprint on the spot repeat 10 times</p> <p><b>Health/Wellness:</b> Sit down and have a cuddle and chat with a family member or a close friend</p>

