

P.E Home Learning Plan

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

