

Independent work ideas to be completed for PE

Tasks

- Produce a guide to the main rules and regulations about the sport you are currently studying in your PE lessons OR a sport that you have never played before and are interested in.
- Produce a poster about the equipment needed to safely participate in the sport you are currently studying in your PE lessons (hockey, handball or netball).
- Read a current news article about a sport of your choice and write a summary of what the article is about.

Examples of good home workouts:

- [5 minute workout with The Body Coach](#)
- [8 minute workout with The Body Coach](#)
- [30 minute workout with The Body Coach](#)
- [15 minute beginner workout with The Body Coach](#)
- [20 minute beginner HIIT workout with The Body Coach](#)
- Outside workout
Get outside and get some fresh air by going for a 20-minute walk or run. The couch to 5K can be an ongoing long-term goal!

IMPORTANT If you choose this option please make sure you have permission from whichever grown up is looking after you to do this. You **MUST** also follow the current Government guidelines/restrictions to ensure social distancing (i.e. only go with someone from your household - do not meet up with friends, keep your distance from other people and make this the only time you leave the house today).

- Alphabet Fitness Challenge- Home workout

Alphabet Fitness Challenge

Spell your name out by completing the workout listed at each letter of your name

Differentiation – alter the speed/weight or intensity to increase/decrease difficulty

A – 30 Squats

B – 50 Step ups

C – 50 Sit Ups

D – 1 minute wall sit

E – 40 seconds Plank

F – 1 minute boxing

G – 20 Crunches

H – 3 minutes on Spin Bike

I – 10 Press UPS

J – 30 Lunges

K – 15 leg raisers

L – 40 Seconds Side Plank

M – 30 Burpess

N – 6 minute Spin bike

O – 50 Sit ups

P – 50 Squats

Q – 20 Bicycle Crunches

R – 30 Crunches

S – 25 PRESS UPS

T – 40 STEP UPS

U – 20 leg raisers

V – 30 Lunges

W – 1 minute wall sit

X – 5 minutes on Spin Bike

**Y – 2 minutes mountain
climbers**

Z – 30 Burpees

Home Multi Skills Challenges

Speed Bounce (Jumping & Balance)

Pupils demonstrate their ability to jump from side-to-side over a rope (small wedge, rope or towel) quickly & rhythmically.

Stand to one side of the rope facing forwards to start, then jump from side-to-side using two-footed landings.

How many can you achieve in 20 or 30 seconds?

Standing Long Jump (Jumping for Distance)

Pupil jumps outwards as far as possible from behind a start line using a two-footed stance.

A two-legged leap & landing.

Have 3 jumps. Can you improve on your distance over time?

Top Shot (Object Control)

5 Cones each with a small ball placed on top are positioned 2 meters from a throwing line.

Pupils aim to knock as many of the balls off the top of the cones with 5 beanbags (use alternative equipment that you can find around the house).

How many do you knock off? Can you increase the distance and still gain success?

Slalom Run (Agility & Running)

Mark a 'Start' and a 'Return' point with blue cones 10 long strides apart.

Between the start and return cones, space poles or cones at regular intervals to mark a slalom course.

Pupils should move through the poles or cones (in & out) as fast & smoothly as possible.

This is one for the garden- To complete a slalom run, pupils must go around the end cones before turning and completing another slalom back down the cones.
Time how long it takes. Can you beat your time?

Flying Saucers (Throwing for Accuracy)

Make a frisbee target (mark a circle with anything you have at home eg; skipping rope or books etc) then mark a start point 2m away from it. Pupils throw Frisbees & try & get it to land in the Frisbee targets.

Have 3 Frisbees throws. How many lands in the target? If you increase the distance can you still succeed?

Number Spots (Locomotion & Agility)

Randomly space out ten numbered pieces of paper on the floor. Pupils start behind a start line & each run to the floor spots find number 1 touch the spot with their hand then find number 2, number 3 & so on until all 10 spots are touched & pupil returns to start line.

Time how long it takes. Can you beat your time?

YOGA VIDEOS

Yoga for Teens: Energizing Flow Yoga Class 30 minutes	https://www.youtube.com/watch?v=-6erFaJZqP4
Yoga Ed. – Yoga for beginners 16 minutes	https://www.youtube.com/watch?v=IJjcyI5WPNo
Yoga Ed. – Why do we do yoga? 16 minutes	https://www.youtube.com/watch?v=IJjcyI5WPNo
Yoga Ed. – Yoga for beginners (ages 13-18) 30 minutes	https://www.youtube.com/watch?v=6Ekep9GqvaM
Yoga Ed. – Yoga for flexibility 15 minutes	https://www.youtube.com/watch?v=1waQPI1AapY
Yoga Ed. – Yoga for strength 15 minutes	https://www.youtube.com/watch?v=faoon6KgsJc
Yoga Ed. – Chair yoga for better balance 10 minutes	https://www.youtube.com/watch?v=JvGgrxb_B_0
Yoga Ed. – Yoga for runners 15 minutes	https://www.youtube.com/watch?v=n-qqQLx3YQE
Yoga Ed. – Yoga for soccer players 15 minutes	https://www.youtube.com/watch?v=bJoON3H1Fq0
Yoga Ed. – Yoga for basketball players 15 minutes	https://www.youtube.com/watch?v=gTVO5EyhSVk

Yoga Ed. – Yoga for stress <i>10 minutes</i>	https://www.youtube.com/watch?v=f8nfwlcK-g
Yoga Ed. – Yoga for focus <i>15 minutes</i>	https://www.youtube.com/watch?v=SqqkY-HGt6M
Yoga Ed. – Yoga for self-awareness <i>13 minutes</i>	https://www.youtube.com/watch?v=kXvhjuT7SPY
Yoga Ed. – Yoga for co-operation <i>13 minutes</i>	https://www.youtube.com/watch?v=heNun16lrB8
Yoga Ed. – Yoga for communication <i>11 minutes</i>	https://www.youtube.com/watch?v=mY2S7hd_a7I
Yoga Ed. – Yoga for self-regulation <i>11 minutes</i>	https://www.youtube.com/watch?v=nCZzd6_OHk