



Useful ideas on YouTube:



Just Dance:

<https://www.youtube.com/c/JustDancelikeallStar/videos>

Cosmic Yoga

<https://www.youtube.com/c/CosmicKidsYoga/playlists>

There are hundreds of videos to follow and enjoy! Good for both body and mind! (Love to see some whole family videos being posted on our Facebook group for everyone to enjoy!)

Joe Wicks:

https://www.youtube.com/playlist?list=PLyCLOPd4VxBuPuwfVuS-OBtK_kZqJcX-b

Live (Mon-Wed-Fri – 9am)

Les Mills – Born to Move (If you find Joe Wicks irritating)

https://www.youtube.com/watch?v=f9KqF_11EYc&list=PLWTqWBjJIUtUmvFqSBhkLnxcthciXW6Nf

Darebee Workouts

<https://www.youtube.com/playlist?list=PLQSMS0J6JbrK9fA74RqpVHkzH14avaPYH>

Fitness Hustle TV

<https://www.youtube.com/c/FitnessHustleTV/videos>

PE with Mr G

<https://www.youtube.com/channel/UC1ulSIOKNnnGALw17v9naPg/videos>

Mike Morris

<https://www.youtube.com/c/MikeMorrisPE/videos>

PE at home

The national recommendation for exercise is 60 minutes per day!

This is usually achieved via PE sessions, active playtimes/lunchtimes, active learning in other subjects, sporting clubs inside and outside school and fun at home.

With this in mind, please consider using some of these ideas to keep fit during the time away from school

Mr Hayes

Mr Spring

<https://www.youtube.com/watch?v=3SWsc5DbVzs>

PE Bowman

https://www.youtube.com/channel/UCIX_dbLC_bbHXksbZyuPdQQ/videos

PE with Mr Hayes

https://www.youtube.com/channel/UCL9a_49eBurQU3Yd6c6WUfQ/videos

Attached is also a PE pack of ideas and exercises to try.

Warm Up Games:

“SNOWBALL” FIGHT

Ball up some **white socks** and throw them at one another! Don't get hit or you turn into a snow statue! (Ensure your parents are okay with this and there are no expensive items around!)

TOILET TAG

Teach your family and get sweaty!

OBSTACLE COURSE

Using items around the house and garden; create your own obstacle course to complete.

Captain, Yes Captain

To play, you first select a “captain”. The captain yells out orders and the crew have to follow the orders.

Here are the orders:

Bow: Run to the front of the boat (front of room)

Stern: Run to the back of the boat (back of room)

Port: Run to the left side of the boat

Starboard: Run to the right side of the boat.

Hit the deck: Lay down on your stomach

Salute: Salute and yell, “Aye, aye captain!”

Scrub the deck: Drop to your knees and pretend to scrub the floor.

Captain's quarters: Everyone ran towards the captain.

SHARK!: Everyone must run to a designated base. The last player to the base is eliminated.

PASS THE BOMB

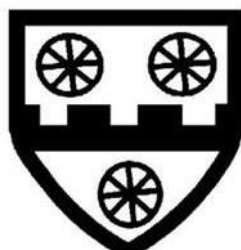
Catch practice. When the ball is dropped start counting down from 10. Whoever is holding the ball loses a ‘limb’

MUSICAL STATUES

Rather than freezing, you must hold a balance of your choice.

Simon Says

Have Fun and Keep Fit!



Sporting Suggestions:

Wall ball (Tennis/Football)

Strike the ball against an appropriate wall until the opponent misses it (playing on your own?) How many can you do without missing?)

4 Square

Four square is a ball game played among four players on a square court divided into quadrants. The objective is to eliminate other players to achieve the highest rank on the court, and this is done by bouncing the ball back and forth between quadrants. A player is eliminated when a ball is bounced in a player's quadrant and the player is unable to touch the ball into another player's quadrant.

Balloon version games

If you have a pack of balloons, with parent permission, play a mini game of basketball//volleyball.

Mini Olympics:

- Standing Long Jump
- Sprint
- Long Distance (10 laps of the garden)
- Shotput (Small Ball/Rolled up socks)
- Discuss – Plastic Plate/Frisbee
- Hurdles

Ensure the area is safe and an adult is present. Compete against your family and post the results.

Ultimate Frisbee

Handball