

## PE Home Learning Suggestions

- I think lots of you are already taking part in Joe Wicks' PE lessons and enjoying them. For those of you who aren't yet or who haven't heard of them, give them a try! He completes a 30-minute Live PE lesson on YouTube every weekday at 9:00. If this time doesn't suit you they are available after 9:00 too.  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TY1Rfn6rYQ>  
You will need to subscribe to his channel at the above link and then you will have a new workout every day as well as access to his many other workouts for children and adults.
- Oti Mabuse from Strictly Come Dancing is still providing dance lessons on YouTube. Her page can be found here <https://www.youtube.com/user/mosetsanagape>
- The Appledore School Personal Best Challenge for this half term is 1KM Run.

## **Personal Challenge 1 & 6** **Distance run**



### Equipment

- Stop watch
- Clip board, pen and score sheets

### Instructions

- A marked course needs to be identified.
- Runners are to be timed completing the course.

### Tips and coaching points

- Running technique
  - body upright – looking ahead
  - use of arms
  - striding out
  - smooth
- Pacing

### Practice Activities

- Pacing activities e.g. running at different speeds at different colour cones
- Drills for technique e.g. just arms
- Games and relays which require running over a distance

### Too difficult? Too easy?

- Change the distance
- Walk/run/walk/run at intervals

**Remember STEP**

Obviously 1KM might not be an option for your children due to garden size and not wanting to run outside for long.

However, if your outside space allows set up a running route and choose a number of laps for your child to complete.

Time them to see how long it takes to complete the set number of laps and then they can try to beat this score over the next half term.

- Access Sport has added to the home activities since last term and now have 14 activities to choose from with new activities added every week. As before they share ideas for how to adapt things you may have around the house to use as equipment. The activities can be found here: <https://www.accesssport.org.uk/Handlers/Download.ashx?IDMF=54388cc4-c73b-4bcd-b278-f6f27fd5afd4>
- Youth Sport Trust has added to their home learning activities. Some of the activities require equipment but you can use the ideas from the access sport pages on how to adapt things you have around the house. <https://www.youthsporttrust.org/pe-home-learning>
- If you haven't yet tried their 60-second challenges then give them a try. Again they don't require too much equipment or space. Each challenge has a Bronze, Silver and Gold level so the activities can be repeated as the children try to improve their score. You could also think of your own 60-second challenges and share them with your class on Flipgrid. <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Imoves, GoNoodle, Cosmic Kids and Supermovers were mentioned in last term's PE suggestions. I hope you are enjoying them if you have signed up for any/all of them. If you haven't yet and are looking for something to do on wet days when outside isn't an option then these are great.

- imoves is a website you need to sign up for but they will send a daily activity for KS1 and KS2 children. They also have lots of videos already on their website such as Pilates, meditation or dance videos. <https://imoves.com/imovement-signup>
- GoNoodle also requires you to sign up. Children can choose a 'Champ' and earn points to move through levels. There are again lots of videos to choose from such as mindfulness, brainercise, dance, freestyle and many more. <https://www.gonoodle.com/>
- For children in FSU and KS1 there is a Yoga YouTube channel called Cosmic Kids. <https://www.youtube.com/user/CosmicKidsYoga>
- BBC Supermovers is another website where children can follow the moves on the screen but this combines other aspects of learning too. These videos are a good idea for when you are in the middle of learning English or Maths but you can see your child (or yourself!) needs a quick break. <https://www.bbc.co.uk/teach/supermovers>
- The Premier League Primary Stars website is still being regularly updated with ideas for home learning. <https://plprimarystars.com/news/home-learning-activities-school-closures>
- Twinkl have put together some activity cards. Children could choose their favourite activities to complete or randomly pick some to complete each day

to make their own workout. <https://content.twinkl.co.uk/resource/cd/74/t-mov-500-pe-from-the-home-fitness-station-activity-cards-.pdf?token=exp=1590001906~acl=%2Fresource%2Fcd%2F74%2Ft-mov-500-pe-from-the-home-fitness-station-activity-cards-.pdf%2A~hmac=40a760683ace89360de40a8a92273121c61cff12c56a7b72581b9a8859c35d56>

Alternatively there are lots of units of work for each year group from Reception to Year 6 if you search for 'PE Home Learning Tasks' on Twinkl. You can choose from Dance, Athletics, Yoga and many more.

There are lots of other great resources out there and more being added all the time. I hope there are some here that appeal to your children and that you are able to achieve in limited space and with limited resources. Good Luck!