

PE Home Learning

Remember Joe Wicks' PE sessions.

This summer was supposed to be the 2020 Olympics.

It has now been rearranged for 2021 and they would like a new activity.

Can you create a new event for the Olympics?

It can be a running, throwing or jumping event using any equipment you can find in your house.

Once you have decided on your event, give it a go with a family member who is in your house.

It is very important to maintain activity levels so that you stay happy and healthy.

Go on a walk with your family for 30 mins.

Challenge: Use the scavenger hunt work sheet to see what things you can find whilst on your walk.

Choose 3 spellings you would like to practise. Using the exercises below, spell out those words. E.g. house 5 squats, 7 push ups, 15 sit ups, 10 squats and 10 sit ups.

A - 10 star jumps

N - 5 burpees

B - 10 second plank

O - 7 push ups

C - 5 push ups

P - sprint on spot (30 secs)

D - jog on spot (30 secs)

Q - 5 squat jumps

E - 10 sit ups

R - 30 second plank

F - 5 bunny hops

S - 10 squats

G - high knees (20 secs)

T - 10 lunges (each leg)

H - 5 squats

U - 15 sit ups

I - 5 lunges (each leg)

V - 10 push ups

J - heel flicks (30 secs)

W - 10 burpees

K - 10 bunny hops

X - 20 star jumps

L - 15 star jumps

Y - 20 bunny hops

M - 20 second plank

Z - 10 squat jumps

Extra challenge: Spell your full name with the exercises.

In sport and exercise it is important to eat a healthy balanced diet to have lots of energy.

Using the eat well plate, can you create your own balanced meal?

Remember to include all food groups and take a picture of your meal.

All over the world, people play and participate in a range of different sports and activities.

Your challenge is to write a paragraph about your favourite sport or sporting activity.

In this paragraph you should write some interesting facts that you have researched along with why this is your favourite.

Please remember all your non-negotiables when writing.