



KS1

P.E. At Home

Exercise and Learning

What's your name?

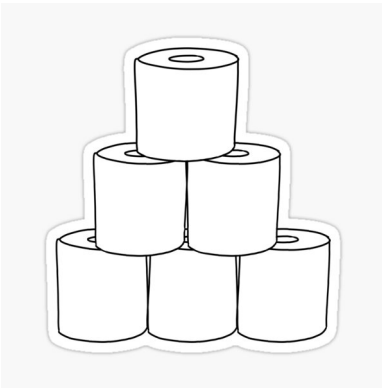
Spell out your name and complete the activities!

A	- 10 star jumps	N	- 10 tuck jumps
B	- jogging 30 seconds	O	- balance on 1 foot for 30 seconds
C	- 20 hops	P	- do 20 sidesteps
D	- hop like a frog 8 times	Q	- 20 star jumps
E	- 15 tuck jumps	R	- 5 sit ups
F	- 15 hope	S	- jogging 30 seconds
G	- dance for 30 seconds	T	- hop like a frog 12 times
H	- balance on 1 foot for 30 seconds	U	- d0 20 sidesteps
I	- 5 sit ups	V	- 10 hops
J	- hop like a frog 10 times	W	- 5 press ups
K	- 30 star jumps	X	- jogging 30 seconds
L	- balance on 1 foot for 30 seconds	Y	- dance for 30 seconds
M	- 5 press ups	Z	- 20 tuck jumps

Final week moving and balancing fun challenges

Well done on trying to complete our gymnastics at home PE sessions this term - below are some fun little challenge for you to try at home!

The Terrific Toilet roll Test



Can you?

- balance a toilet roll on your head and walk around the living room?
- balance a toilet roll on your head and stand on 1 foot?
- balance a toilet roll on your head and do a squat?

Tower time? - try the challenges again but with a stack of 2 toilet rolls!

The Superstar Sock and Saucepan challenge



Can you?

- make a ball out of socks and see how many time in a row you can throw and catch them?
- Try 10 times to throw your socks into a saucepan. See how many points you get!

Balance time? - repeat the challenges but they must be done standing on 1 foot? Was it harder?

What's my name and Write it with my body



Can you?

- Use your body to lay or stand in the shape of the letters that make your name?
- Maybe an adult can take a photograph of each letter you make so you can see your whole name spelt out?

Some letters may be really difficult to make on your own! Try using your hands and arms to make the correct shapes

Or is possible work with a brother/sister or adult in your house to compete the challenge.

