



KS1

P.E. At Home

Exercise and Learning

Exotic animal exercise challenge

Copy all of the animals exercise below and see how many you can do in 45 seconds without stopping.

Challenge

- Time 45 seconds (stopwatch on a smart phone etc)
- Pick your first animal and begin!
- Have a 30 second break and then try the next animal.
- See if you can make it all the way through the list!



Frog jumps

Hop! Hop backwards and forwards on the spot like a frog



Bear walk

Hands and feet on the floor and hips up high! Step side to side like a bear



Gorilla walk

Sit in a low squat like a sumo wrestler, with your hands on the floor for balance, shuffle around the room



Starfish jumps

Star jumps on the spot as fast as you can - remember to stretch your arms and legs as wide as possible



Cheetah run

Run on the spot as fast as you can without stopping. Are you as fast as the fastest animal on the planet?



Crab crawl

Place your hands on the floor behind you and move sideways around like a crab



Elephant stomps

March on the spot lifting your knees up high and stomping your feet down with each step



Giraffe March

Stand up on your tip toes and stretch your arms as high as possible like a giraffe as you move around your space

Challenge

Can you get up and do this activity three times this week to get you energized and feeling ready to start the day!

So get up have some breakfast and then make sure you are keeping fit. active, and healthy!

Gymnastics - linking movement and balances at different levels

Recap challenge

Let's look at last week's challenge and have another attempt to refresh ourselves as it can be quite tricky,

We were trying to join movements and balances together in matching pairs - for example a high movement and high balance

Examples to have a go at?

High



Move like a kangaroo and balance on 1 foot

Medium



Move like a lion and balance on all fours

Low



Move like a snake and balance like a dish or arch on your stomach.



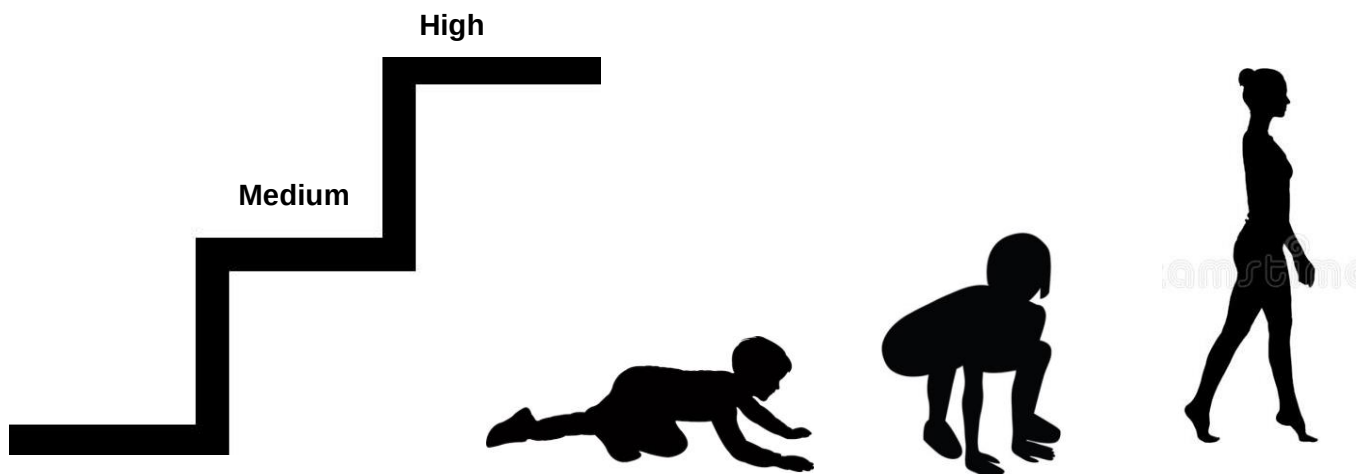
Changing levels

This week we are going to look at changing levels - so joining movements or balances together at different heights.

Movement

Below is a set of stairs labelled high, medium and low. We are going to imagine we are using our movements to go up the stairs!

Starting with a low movement (army crawl), then a medium movement (frog jumps), into a high movement (walking on our tip toes). So your body has started off really low and ended up quite high like going up a set of stairs!



Low

Can you think of 3 movements to use to go up the levels of the staircase?

Can you think of 3 different movements to represent you coming from the top of the staircase to the bottom - so moving through the levels the opposite way?

Balances

Let's try and repeat the challenge above but this time using only balances to climb up and down the staircase of levels.

Can you think of 3 balances to use to go up the levels of the staircase?

Can you think of 3 different balances to represent you coming from the top of the staircase to the bottom - so moving through the levels the opposite way?

An example set to help us out could be the balances for our recap earlier! Could we link those together?



Well done on giving these all a go and keeping up with your gymnastics even though you're at home!

Don't worry if you find it difficult just keep trying and I'm sure you will get there!