

KS1

P.E. At Home

Exercise and Learning

Target challenge Workout

Equipment needed:

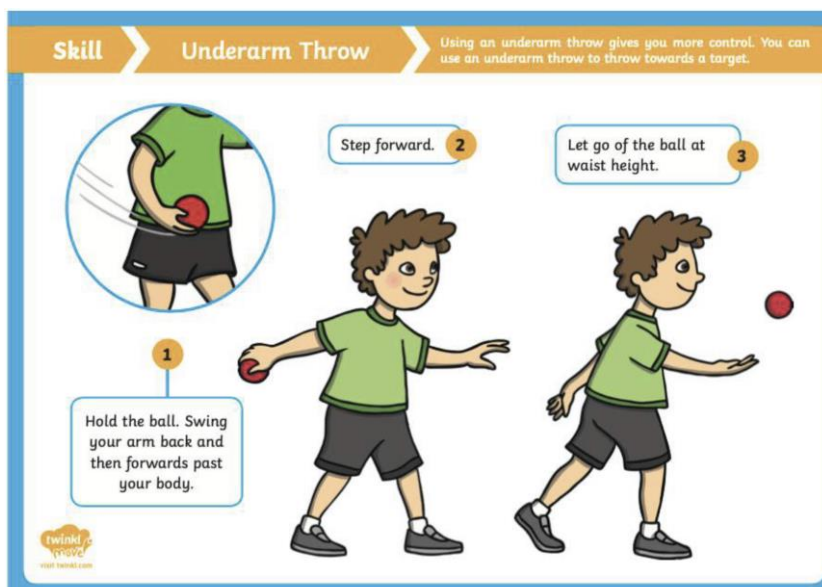
- **small space**; only a couple of metres
- **Target**; basket, box or saucepan
- **Ball**; a small soft ball, or a pair of balled up socks.

Outline

Can you throw your ball into the target - the more accurate you are the less exercise you have to do!

Set up and Play

- Place your target down in a space and take three big steps backwards (the older you are the bigger your steps will be to increase the difficulty of the challenge)
- Pick an exercise; eg jogging, sit ups, or even dancing on the spot (be creative!)
- 5 shots to score as many times as possible.



Example exercises

Jogging, skipping, high knees, sit ups, press ups, tuck jumps, squat.

(See last weeks PE for example pictures)

Pro Tip - when you let go of the “ball” your hand and finger tips should be pointing straight at your target.

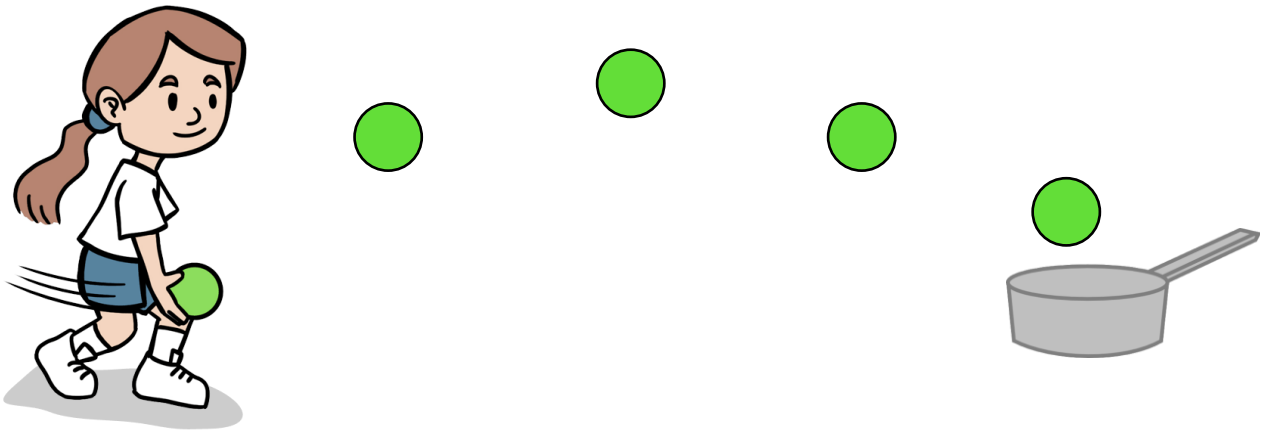
Rules of the workout

Playing Solo

- Make sure your area is set up as above and you have safe space to do any exercise.
- Then choose your first exercise, eg star jumps.
- Take 5 shots at the target.
- You have to do 5 star jumps every time you miss the target.
- 1 miss = 5 star jumps, 2 misses = 10 star jumps and so on.
- Repeat the activity 5 times with a different exercise each time.

Challenge Mode

- If you have a brother, sister or willing adult challenge them instead to make it more competitive.
- Set up in a safe space
- Choose your exercise, eg jogging on the spot.
- Take 5 shots each at the target and remember your score!
- Whoever scores the least must complete the exercise for 20 seconds
- So in this case they must jog on spot for the 20 seconds.
- Repeat the activity 5 times with different exercise forfeits each time.



Gymnastics - linking movement and balances together and starting a routine

What is a routine?

The joining together of different individual parts/skills, including different ways of moving and balancing.

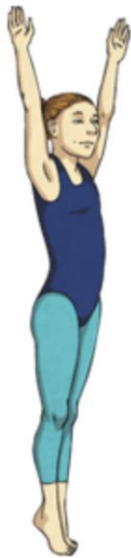
Recap

We looked at balancing at different levels, high, medium and low.

Can you remember and show 1 high balance, 1 medium balance and 1 low balance?

High

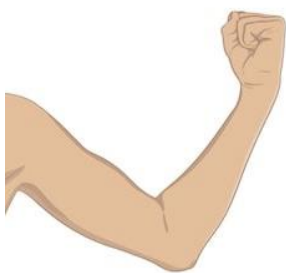
Medium

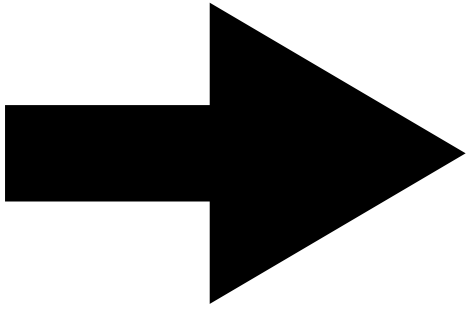


Low

Remember to make your balance even better you should....

- Try to stretch your arms and legs as long and as straight as possible when doing your balance.
- This is called showing extension!
- Try to keep your muscles strong and still for 5 seconds for each balance.





Challenge 1

Find a space - where you
little.

can safely move around a

1. Can we think of different ways we can move our body?
2. Do they fit into our different levels - high, medium and low?

If you are finding it difficult think about how different animals may
move? A kangaroo? A snake? A giraffe?
A lion?



If you copied those animals would you be low, medium or high or as
your moving?

Challenge 2

Can we start to join movement and balances together?

The easiest way to join different balances and moves together now
is to do them in matching pairs.

- Match 1 high movement with 1 high balance
- Match 1 medium movement with 1 medium balance
- Match 1 low movement with 1 low balance

Can you do these two different skills together?

Examples to help you out

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.

