

KS1

P.E. At Home

Exercise and Learning

Workout word search

Can you find the hidden words
and create your own workout?

A	O	R	D	G	Z	A	F	Z	R	N	U	D	C	F	Y	L	O	E	U
N	Y	H	L	X	Q	S	T	F	T	Q	A	Y	C	P	R	E	S	S	S
U	B	O	J	M	A	O	P	J	Z	K	T	G	E	I	K	L	J	I	P
H	D	P	U	T	B	U	D	R	W	M	B	F	Q	F	E	B	W	S	M
Q	X	O	A	B	S	C	I	T	Y	H	S	P	T	D	K	I	H	G	Z
S	F	P	H	X	Q	B	S	T	A	R	P	H	N	X	G	A	V	R	O
J	S	O	I	J	U	Q	O	W	H	E	S	N	Y	F	H	O	K	M	Y
O	R	L	R	C	A	E	E	D	L	L	F	H	C	Y	C	V	W	T	S
G	U	P	D	M	T	U	B	L	S	A	J	I	V	W	I	S	E	K	G
G	Y	D	T	R	C	X	H	I	C	B	E	G	S	Y	D	I	F	Q	N
I	R	Q	D	M	I	C	W	A	R	W	K	H	X	G	V	T	J	G	Z
N	P	L	N	B	K	N	Q	X	L	K	S	P	J	N	K	N	G	W	I
G	E	T	U	C	K	C	U	N	O	M	Z	Q	A	K	M	P	H	R	J
B	T	G	W	M	L	H	C	K	Z	G	V	F	J	H	V	T	M	X	H
W	P	M	V	E	Z	S	U	V	O	S	K	I	P	P	I	N	G	I	V

Can you find all the words written in **RED** below and add them to your workout challenge?

STAR JUMP

HOP

PRESS UP

SIT UP

TUCK JUMP

SKIPPING

JOGGING

HIGH KNEES

SQUAT

Build up your workout challenge

Once you have found an exercise can you add it to the table and see how many you can do in the time limit?



Exercise	Time to do exercise for	How many did you manage to do?
	15 seconds	
	30 seconds	
	45 seconds	
	15 seconds	

	30 seconds	
	45 seconds	
	15 seconds	
	30 seconds	
	45 seconds	

High knees

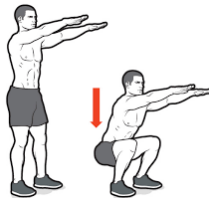
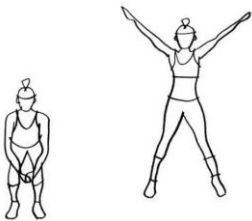
Press up

Sit up

Star jump

Squat

Tuck jump



Balance high, low and around the house **Challenge**

Building on our balances from last week using different body parts, we are going to try some new ways of balancing at different levels.

Can we do 3 balances where we make our body taller and at a higher level than normal?

Can we do 3 balances where we make our smaller and at a lower level than normal?

Can we do 3 balances in between, at a medium level, keeping our body in a normal position?

High

Medium

Low

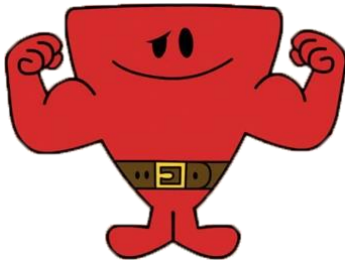


Challenge time!

Can you create a different balance in each room of your house? Each one at a different level. eg a low/small balance in the living room, a high/tall balance in your bedroom etc. Hold each balance for 5 seconds.

Balance like a gymnast

Last week Mr Strong showed us his ways to balance like a gymnast!



Mr strong is...

- Holding still
- Squeezing all of his muscles to stop him wobbling
- Keeping his legs strong and straight
- Looking straight forward
- Focusing on something that is still

To make your balance even better!.

- Can you stretch your arms and legs as long and as straight as possible when doing your balance?
- Point those fingers and toes!
- This is called showing extension!
- Can you hold each balance for 5 seconds like Mr Strong?

