

KS1

P.E. At Home

Exercise and Learning

Exercise Bonds

Can you make all of the exercises below add up to 10?

1. Charlie has done 3-star jumps. How many will you do to make it to 10?
2. Rosie has done 5 hops on her left foot. How many will you do to make it to 10?
3. James has done 2 tuck jumps. How many will you do to make it to 10?
4. Mary has done 4 toe touches. How many will you do to make it to 10?
5. Vinnie has done 1 hop on his right foot. How many will you do to make it to 10?
6. Jane has done 0 seconds jogging on the spot. How many seconds will you need to jog on the spot for to make it to 10?

Challenge time

Can you think of some new exercises to do with your adult at home and set them a challenge with you?

Example; If you do 7 star jumps how many will you have to challenge your adult to do?

Exercise Bonds

Can you make all of the exercises below add up to 20?

1. Daisy has done 11 tuck jumps how many do you need to do to make it to 20?
2. Jasper has done 7 sit ups how many do you need to do to make it 20?
3. Rachel has done 3 star jumps how many do you need to do to make it to 20?
4. Mark has done 8 sit ups how many do you need to do to make it to 20?
5. Alexa has done 14 press ups how many do you need to do to make it to 20?
6. Emilia has done 4 squats how many do you need to do to make it to 20?

Challenge time

Can you think of some new exercises to do with your adult at home and set them a challenge with you?

Example; If you do 14 hops on your right foot how many will you have to challenge your adult to do?

Body Part Balance Challenge

Either using a dice or getting an adult help select a random number between 1 and 6 try complete our balance challenge helping work on gymnastics and core strength.

Example challenge - dice is rolled and you get a 1, you must then think of a balance where only 1 body part is touching the floor eg. Standing on one foot and time how long you can hold that balance.

Number rolled	Body parts used	Time balanced (seconds)
3	Left foot, right foot, left hand	45 seconds

Which balance was easiest?

Which balance was hardest?

Can you think of different Balances for each number?

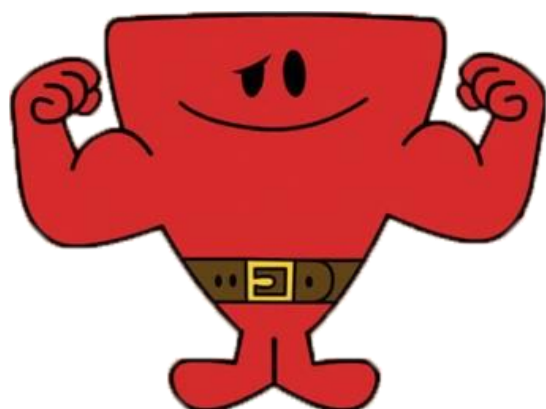
Add some movement

If you have some music at home you can have some music playing while you move around or exercise on the spot - when the music stops you have to pick a number and a balance and hold that until the music starts again.

Balance like a gymnast



A Good strong
balance like
Mr Strong

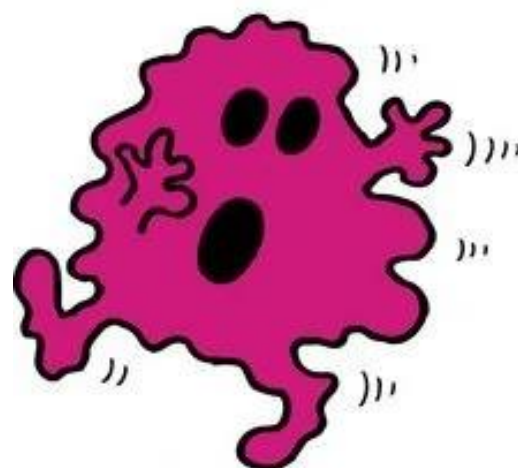


Mr strong is...

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



A balance we can help
you improve like
Mr Jelly



Mr Jelly is...

- Shaking and moving
- All his muscle are relaxed and wobbly
- Legs are bent and moving
- Looking of to side and in different directions
- Not focusing on something that is still