

Primary PE

Home Learning



It is vitally important to keep your children active while they are at home in order to help their physical health and mental health stay at its best. This pack is suitable for all ages and has been designed to be fun for the whole family.

Yoga

How many of the following poses can you make?



Competition time!

Who can hold it the longest in your family? Write their name above their podium position.



Extra Challenge!

Which of these can you do?

If you can't do them, practise every day and see if you can get them at the end of the week.

Take a picture before and then one after. You can then bring this back to school and show your teachers what you did during your time at home.



Fitness

Create a table similar to the ones below and complete each activity 3-5 times. See if you can get a better score or time each time you do it. Record your results in a table. There is an example below.

Activity	Mum	Dad	Ben	Abi	Libby
1 lap of the garden	35 secs	40 secs	25 Secs	24 secs	30 secs

Here are some ideas for what activities you could do:

Lap of the garden	How many sit ups in 20 seconds	
How many star jumps in 20 seconds?	Walk up and down the stairs	
How long can you hold a plank for?	Longest jump from standing	
Who can jump the highest?	How many shuttle runs in 30 seconds?	



Can you think of any of your own?



Write down the everyone's positions

Scavenger hunt

See how quickly you can find the following things. You don't have to collect all the items, just as many as you want to:

Leaf	Pen
Stone	Cuddly toy
An odd pair of socks	A pencil
Cup	Spoon
Something red	Something blue
Something white	Something heavy
Something that floats	Shoe
Book	Something sparkly
A ball	A hat
Gloves	A key
A picture of someone/something	Paper clip
A pinecone	Ice
A tooth brush	Something you use when swimming
Something that tells the time	Something that keeps you safe
Something that you love	A dice

Or you could go for a walk near your house and see if you can spot any of the following:

BACK YARD

SCAVENGER HUNT



ant



brown leaf



butterfly



clover



cloud



purple flower



pinecone



ladybug



bird



grass



green leaf



yellow flower



feather



rock



sticks

Just Dance!

On YouTube find some dances to take part in. Just Dance group dances are good. The following are some useful links to some you might enjoy.

<https://www.youtube.com/watch?v=ziLHZeKbMUo->

(I like to move it)

<https://www.youtube.com/watch?v=a1zQ1xOjZnk>

(Timber)

https://www.youtube.com/watch?v=oe_HDfdmnaM

(A pirate you shall be)

<https://www.youtube.com/watch?v=vWf9Mqlp4rY>

(Moana- How far I'll go)

https://www.youtube.com/watch?v=gCzgc_RelBA

(Waka Waka- Shakira)

<https://www.youtube.com/watch?v=0YtOMto601U>

(Treasure- Bruno Mars)

<https://www.youtube.com/watch?v=eWlQlIN9tH8>

(Pump it- Black eyed peas)

<https://www.youtube.com/watch?v=6h5LioWoa4>

(Party rock anthem- LMFAO)