

JUNIOR SCHOOL - EYFS & KSI

The activities below are a suggestion of what you might like to try at home. You can complete each activity in your own time when it's convenient for you and your family. Of course these are only suggestions, if you are able to take part in other activities such as family bike rides, horse riding or walks that is also absolutely fine. Your PE lessons are only twice a week but you are not limited to this, try and do some activity or exercise each day. There will be daily challenges on Instagram and Twitter plus you can also still find all the workouts from March – July on YouTube under Mrs Brazendale's name. We love to see how you are getting on, send your PE pictures to Mrs Hart or Mrs P.

Here are some suggestions of websites that we enjoy that will help to keep us all fit and active.

Don't forget to join in with the PE class on Monday, Wednesday and Friday at 9am with **Joe Wicks, The Body Coach TV, YouTube**

If you would like to improve flexibility try **Yoga for kids**

Just Dance on YouTube - **Macarena The Girty Team on YouTube**

Cosmic Kids Yoga on YouTube

Andy's wild workouts on **BBC iPlayer**

Zumba Kids Junior on YouTube Taylor Swift - **"Shake it off" Choreography - YouTube**

www.getset4pe.co.uk try an active game for every day of the week and record which ones you enjoy. Instructions below.

Can you complete the fitness fun sheet for a week (see below)

Have a game of Twister

Make sure you are in a safe space and properly warmed up before you start. Ensure you have an adult with you, have fun and keep moving.

EYFS & KSI	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Catching</p> <p>Using a ball throw it into the air (as high as your head) let it bounce and then catch it.</p> <p>Can you throw it any higher and still catch it?</p> <p>Can you catch it without a bounce?</p> <p>How many throws and catches can you do without the ball touching the floor?</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Catching & Throwing</p> <p>Find a space to play catch.</p> <p>Try and work on your accuracy and technique.</p> <p>Can you catch a ball against a wall?</p> <p>Can you catch the ball from a family member? Try and do 20 x in a row.</p> <p>Can you move further away?</p> <p>Can you catch for a minute?</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>

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Week 2	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Target Throwing</p> <p>Find a target, it could be a wall, a bucket or whatever you have at home.</p> <ul style="list-style-type: none"> • How many times can you hit the target? • Try to beat YOUR score or challenge yourself by moving further away each time • Find someone at home to practice with • How accurate are you? • How far apart can you go? 	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Sock Hop (game below)</p> <p>Vist You Tube: https://www.youtube.com/watch?v=HC2d-JOytwkw</p> <p>When you have tried the sock hop game, roll up the socks and try throwing them into your targets.</p> <p>Now put all the socks away in their drawers</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>

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Week 3	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Sprinting</p> <p>On your daily walk, see if you can find a space to practice your sprinting, (fast running).</p> <p>Find a start and a finishing line.</p> <p>How fast can you go?</p> <p>Perhaps mum or dad could time you.</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Dice (game below)</p> <p>With a dice could you try the game "roll a task: workout break"</p>	<p>The Body Coach TV - YouTube at 9.00 -9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>

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Week 4	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Jasmine Active</p> <p>www.jasmineactive.com email: parent@stgabriels-2.com / Password: stgabriels</p> <p>Try any of the day 7 activities based around a seated balance.</p> <p>Press the video camera icon for instructions.</p> <p>Definitely try the throw the fruit game.</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>25 Ways to Move (game below)</p> <p>Choose 10 activities from the "25 ways to get moving at home"</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>

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Week 5	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Fitness Bingo</p> <p>Play fitness bingo with your family.</p> <p>Take it in turns to choose and do an exercise.</p> <p>Who will be the first person in your family to complete a line.</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Dice Games (below)</p> <p>Play "Roll the Dice" fitness with your family.</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>

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Week 6	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Get moving at home (game below)</p> <p>Choose 10 different activities from the "25 ways to get moving at home"</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>	<p>Jasmine Active</p> <p>www.jasmineactive.com email: parent@stgabriels-2.com / Password: stgabriels</p> <p>Try any of the day 10 activities and play the magic bean game.</p> <p>Press the video camera icon for instructions.</p>	<p>The Body Coach TV - YouTube at 9.00-9.20</p> <p>OR</p> <p>Cosmic Kids Yoga - YouTube</p>

MY ACTIVE CALENDAR

Being at home gives us lots of new challenges, but no matter where we are, it is always important we keep fit and healthy (and have fun doing it!) Here is your very own Get Set 4 PE Active Calendar. Your challenge is to complete an active game for every week day throughout January. Follow these steps to help you:

- Go to www.getset4pe.co.uk and click on the Active Families tab at the top of the page
- Pick an active game and play it (if you love a game you can play it again another day)
- Write the name of the game you played onto your active calendar and enter an emotion face to show how it made you feel.

www.getset4pe.co.uk

My Active Calendar - January 2021				
Monday	Tuesday	Wednesd	Thursday	Friday
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Complete an active game by going to www.getset4pe.co.uk and follow the instructions to fill in your active calendar for January. If you enjoy doing the games why not do it again in February.

FITNESS FUN

My Goal: Complete each exercise every day.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Jumping Jacks							
15 Sit Ups							
15 Squats							
15 Lunges							
15 Push Ups							
15 Toe Touches							
15 Leg Raises							
15 Arm Circles							
15 Knee Raises							
Play Outside (30 minutes)							

SOCK HOP

~AT-HOME PE~



Watch Sock Hop Video on YouTube

<https://www.youtube.com/watch?v=HC2dJOytwkw>



Equipment: Socks, 2 boxes (bins of some type), markers (something to mark the starting spots).

Set-up: with your parent's permission, collect as many socks as you can find and spread them out in an open area. Make 2 marks for the starting spots, place the boxes off to the side of the markers.

Activity: Students will work on fine motor skills in their feet, as well as hopping. Students will need to have shoes and socks off. On the "go" signal, students will race to pick up a sock with their toes. Students have to use their toes to clinch the sock. Then have to hop back to drop it in their box. The foot that has the sock clinched, must be the foot in the air while hopping. Students are allowed to pick up only 1 sock at a time. If they drop it, they may pick it back up with their toes. Once all socks have been collected, count to see who has the most. No hands are allowed to be used during this activity.

Enrichment/modification: push the markers further away, change up the locomotor movement (running, skipping or jumping). Use different sizes, colours for bonus points, play with family members. Place a time limit on the activity.

MY ACTIVE CALENDAR



25 WAYS TO GET MOVING AT HOME

- 1 Run in place for 30 seconds
- 2 Dance party for 1 minute
- 3 Stand up and sit down 10 times
- 4 Read standing up
- 5 Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
- 6 Jumping jacks for 30 seconds
- 7 Do the hokey pokey
- 8 See how many squats you can do in 15 seconds
- 9 Stand up, touch your toes
- 10 Wall sits while reading
- 11 One-minute yoga
- 12 Stretch your hands high over your head
- 13 Arm circles forward for 30 seconds, arm circles backward for 30 seconds
- 14 10 frog jumps
- 15 Standing mountain climbers for 30 seconds
- 16 Stand on one leg, put your hands up, put your hands out to the side
- 17 5 lunges on the right leg, 5 lunges on the left leg
- 18 Practice spelling, do a squat for every vowel
- 19 Run in place for 30 seconds, check your heart rate
- 20 Practice spelling by doing a jumping jack for each letter
- 21 30-second plank
- 22 Practice math problems, do a jumping jack every time the answer is an even number
- 23 20 leg lifts
- 24 Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
- 25 High knees for 30 seconds

DICE FITNESS GAMES



SUPERHERO DICE FITNESS



CURL-UPS



JUMPING JACKS



PUSH-UPS



CRAB KICKS



SQUATS



PRETEND JUMP ROPE



ROLL THE DICE FITNESS

Plank for 20 Seconds



30 Squats



30 Lunges



20 Elbows to Knees



20 Jumping Jacks



Jog for 30 Seconds




To be HEALTHY for a lifetime, it's important to get 60 minutes of physical activity every day@ Play Super Hero Dice Fitness every day. Rol the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exertcise and increase the number of repetitions you do every day for each exercise.


DICE FITNESS GAMES

ROLL A TASK

ROLL A TASK: WORKOUT BREAK

	Touch your toes (hold for 15 seconds)	
	10 Push Ups	
	15 Sit-Ups	
	20 Jumping Jacks	
	Run in place (Count to 30)	
	15 squats	

FIT DICE

FIT DICE ^{v.2} 

ROLL 2 DICE

IF YOU ROLLED	THEN YOU'LL DO THIS EXERCISE	ROLL THIS MANY DICE FOR # OF REPS
2	BUNNY HOPS	4 DICE
3	SKY JUMPS	3 DICE
4	LEG SCISSORS	4 DICE
5	BURPEES	2 DICE
6	BELL JUMPS	4 DICE
7	ELBOW PLANK (100s)	3 DICE
8	FRONT KICKS	4 DICE
9	PUNCHES	3 DICE
10	PUSH-UPS	2 DICE
11	CURL-UPS	3 DICE
12	JUMPING JACKS	3 DICE