

Upton Meadows Primary

PE at Home

Physical challenges - Tick completed

1. Walk up and down the stairs for 1 minute everyday ☐
2. Challenge someone at home and see who can hold the plank position the longest ☐
3. Find a soft object (rolled up socks) and see how many times you can throw it in the air and catch without it touching the floor. Too easy? Work with a partner and use your weakest hand ☐
4. How many star jumps can you do in one minute? Have another go. Can you beat your score? ☐
5. How many sit ups can the adults at home do in 30 seconds? Can you beat their score? ☐
6. Last one standing - burpees, challenge someone at home, see who can last the longest ☐
7. Hold a back support for 10 seconds, then hold a side support for 10 seconds, finally hold a front support for 10 seconds. Can you do all of this with only your feet and hands touching the floor ☐

Learning challenges - Tick completed

1. Write a paragraph about your favourite sports person and why you admire them as an individual. What makes them so good at their chosen sport? What have they managed to achieve? ☐
2. Plan a sports day with family and friends, what events are you doing? What equipment is needed? ☐
3. Keep a healthy eating record for the week ☐
4. Can you design a activity that can be lead by the young leaders at Upton Meadows Primary School ☐
5. What is your favourite song on? Can you create a dance routine for this song? ☐
6. Last term, you learnt the Key Steps Gymnastics routines, can you remember them and perform them to your family? ☐
7. Hockey and Gymnastics have been our focus sports this term. Explain as many rules as you can to someone at home ☐

Stuck in the house?

If you have access to the internet try these activities below!



www.cosmickids.com

Tells stories in a fun interactive way through yoga and relaxation.

Search 'Justdance' on

www.youtube.co.uk and you will find thousands of videos to your favourite songs. All you have to do is mirror the characters on the screen



www.gonoodle.com

Engages 14 million children every month with movement, mindfulness and dance videos.



www.bbc.co.uk/teach/super-movers

Is helping children across the country get physically active with videos which improve their literacy and numeracy skills.

Search 'The Body Coach Kids' on www.youtube.co.uk to access hundreds of home HIIT workouts specifically for children and families!



If you are looking for less 'Screen Time'...

- Here are some ideas to keep you healthy and active:

Indoor and Outdoor Games

No/Minimal Equipment

1. Hide and Seek
2. Treasure Hunt/Easter Egg Hunt
3. The Pirate Ship Game
4. Stuck In The Mud
5. The Corner Game
6. Ninja Warrior Obstacle Course - Park
7. Den Making

If you are looking for less 'Screen Time'...

- Here are some ideas to keep you healthy and active:

Indoor and Outdoor Games

Equipment Needed

1. Football
2. Tag Rugby
3. Hockey
4. Netball
5. Indoor/Outdoor Bowling
6. Indoor/Outdoor Curling
7. Indoor/Outdoor Boccia

**We should all be trying to be
active for at least 30 minutes a day**