

PE Home Learning Themes

Hello everyone!

Hopefully you are now getting into a good routine completing our PE lesson each week, as we would do at school. You can repeat it each day if you would like to or take bits from it to do each day. The important thing is that you attempt all tasks throughout the week. There are 7 tasks to do!

We are continuing with our learning on striking and fielding. Remember, these skills are needed to play games like cricket and rounders, although they are also used in many other sports and exercises. Learning about these skills will enable you to play many sports confidently and enjoyably.

Just follow the lesson below using the images to help you if you are unsure. The main activity is split into three options which will help you if you are on your own, with a partner or have to do the activity inside.

You will then do an exercise card, followed by your ideas of how to make the game more challenging or easier and provide next steps. You will also record your mood/feelings before and after PE. Record any writing that you do for PE in your school book or on a separate piece of paper/on your computer.

All activities should be done with parent/carer supervision initially, agreeing what you are all happy with and for how long. **Parent/carers must decide if your child is fit to do each exercise at that time.**

I am looking forward to hearing about your PE lesson!

Keep well, healthy and exercising!

Mrs Gorton & Mrs Coburn-Lewis

Class 2/3C

Task 1:

Measuring mood/feelings

Measure how you feel before taking part in your PE lesson (see the chart at the end of this sheet)

Task 2:

Warm up

You can use any warm up you wish, such as the new dynamic stretches from active kids, the Joe Wick 5-minute videos or follow the card below.

Dynamic warm up <https://www.activekids.com/soccer/articles/10-dynamic-warm-up-exercises-for-youth-athletes>

Joe Wicks videos <https://www.twinkl.co.uk/resources/twinkl-move/joe-wicks-twinkl-move>



Task 3:

Main Activity

Throwing and catching – lesson 2

On your own	With a partner/sibling	Inside
<p>Spin and catch</p> <p>Activity 1: Use a small ball like a tennis ball, bean bag or use your imagination.</p> <p>Throw the ball up in the air just in front of you.</p> <p>How many times can you spin around before you have to catch it?</p> <p>Try and beat your score each time by spinning around more times than the previous go.</p> <p>Remember, for it to count you have to catch it.</p> <p>Activity 2: Similar to the above activity, but this time you need to sit down then throw the ball up in the air and try and stand up and catch it.</p>	<p>Similar game to spin and catch</p> <p>Activity 1: Throw for your partner while they spin and catch then swop around.</p> <p>Activity 2: Throw for your partner while you sit down. Swop over after each go.</p> <p>You could challenge yourselves by lying down then trying to get up and catch.</p>	<p>Table top/floor target throw</p> <p>Activity 1: Find a small ball, no bigger than a tennis ball or another object to throw. It must be safe and won't cause any damage.</p> <p>On your table or floor, arrange some targets in front of you. These could be plastic cups, bowls, small boxes.</p> <p>Decide on a distance from where you will stand/sit and where the targets will be placed. Your task is to try and throw the ball/object into the target.</p> <p>You can increase the distance between you and the target or increase the number of balls/objects thrown.</p> <p>Activity 2: Play the same game but try it from lying</p>

You can try this with different types of balls/objects (tennis, netball, bean bags).

down, sideways, backwards. Just make sure it is safe for you and others.

Task 4:

Exercise activity cards or fitter future website activities

- **Website activity**

Just follow the instructions on the cards below or with parent/carer permission, you can access the following website and pick a workout from it. There's a '*be active*' or '*be mindful*' option, which will give you exercises suited to your choice. This site is free while you are off school. If it doesn't work then let me/your teacher know.

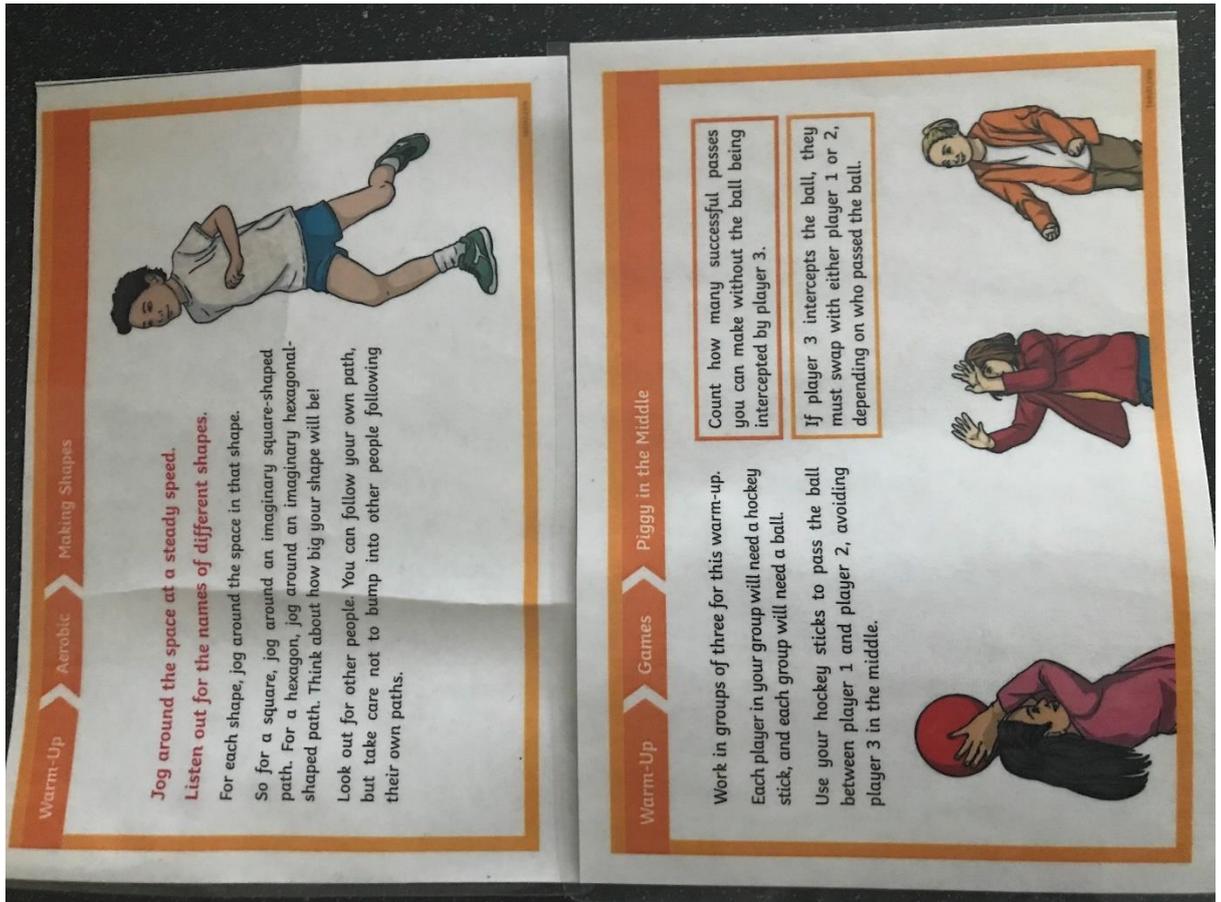
Go to www.fitterfuture.com and sign in. Your login details will be whatever year group you are. For example, a year 6 would log in as:

Username: year6

Password: year6

- **Exercise activity cards**

For the first card below, you can make shapes on bits of paper, turn them over and run to each one, pick it up and run the shape as the card instructs. For the second card, if you don't have a partner then you can throw and catch a ball against a wall. Increase or decrease the space between you and the wall and throw quickly, using a chest pass. You must not let it bounce. It won't be as easy as you think!



Task 5:

Cool down

Repeat the exercises in the warm up but do them slowly. You can sit or stand and do gentle breathing for 1 minute to help calm your body.

Task 6:

What would you change?

How did you find the PE activities today? I'm particularly interested in whether you found the activities too easy or too challenging. If they were, how would you change them? If they were just right then what would be the next steps for the activities?

Write down your response to my questions above. If there's an option on your school online learning then share it with me. If not, then you can use the space below or use a separate piece of paper. We can talk through it when we return to school.

Task 7:

Record your feelings

Exercise feelings scale

Words for feelings before exercise:

.....
.....
.....
.....

Words for feelings after exercise:

.....
.....
.....
.....

Score for feelings before (tick):

1	2	3
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Score for feelings after (tick):

1	2	3
---	---	---

Key for feelings

1	2	3
Feeling low mood/Anxious	Feeling OK/Slightly anxious	Feeling good/Not anxious