



Physical Education at Home 2021

Everybody should be physically active for *at least 30 mins* everyday!

IMPORTANT: Find what YOU like doing and keep doing it!

Examples:

	Student 1	Student 2	Student 3
AM	Joe Wicks morning workout at 9am	'Deck of cards' workout	Fitness with Darebee
PM	Create own game at home	Learns a dance with 'U Do It!'	Practice individual football skills
	Student 4	Student 5	Student 6
AM	'This or That' workout	Workout from 'fitness blender'	Go for a walk in the park
PM	Improve your basketball with 'homecourt'	Use 'headspace' app for mindfulness	Play a game from 'Yorkshire Sport'



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Contents:

Exercise: [Slides 3 - 25](#) 

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Physical Education at Home 2021



Exercise

30 mins everyday will help your physical and emotional health during this difficult time.



Physical Education at Home 2021

Go to his YouTube Channel by clicking here: [The Body Coach TV](#)

Complete any of Joe Wicks' workouts from his YouTube page.





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fitness
BLENDER.COM

Example Workout:



100's of **FREE** home workout videos.

Searchable by time, training type, calories, difficulty and equipment.

Access the website here:

[Fitness Blender](https://www.fitnessblender.com)

WORKOUT DETAILS

Duration: **15 Minutes**

Calorie Burn: **98-170**

Difficulty: **3/5**

Equipment: **No Equipment**

Training Type: **Balance/Agility,**

Cardiovascular, Low Impact,

Toning



Body Focus

Total Body



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FREE PREMIUM ACCOUNT:

1: From your web browser (not your mobile app), go to:

<https://app.sworKit.com/redeem/SYI2020031090>

2: Select “Sign in with email” — input school email, name and create your account password

3: Your code will automatically be entered. If not automatically applied, press “Apply” to continue. Your SworKit membership is valid for one year. A new code will be provided next year through your school point of contact.

4: Once the account has been created, then download the mobile app on any mobile device or tablet for more flexibility with use. When signing into the mobile app, use the same email and password that were used to create the account on the web browser.

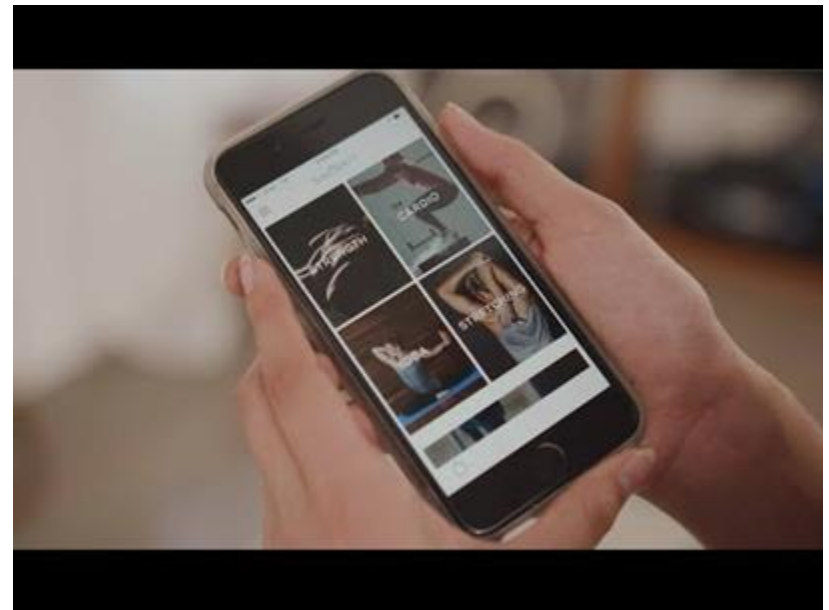
5: Explore the app.

Your Daily Workout App

Whether your goal is:

- > Weight Loss
- > Increased Endurance
- > Muscle Gain
- > Weight Maintenance
- > Improved Flexibility
- > Or to Simply Tone

SworKit can help. We're one of the top fitness apps for iPhone, Android, or web users. Our workout plans are designed to help you reach your fitness goals faster and simpler.





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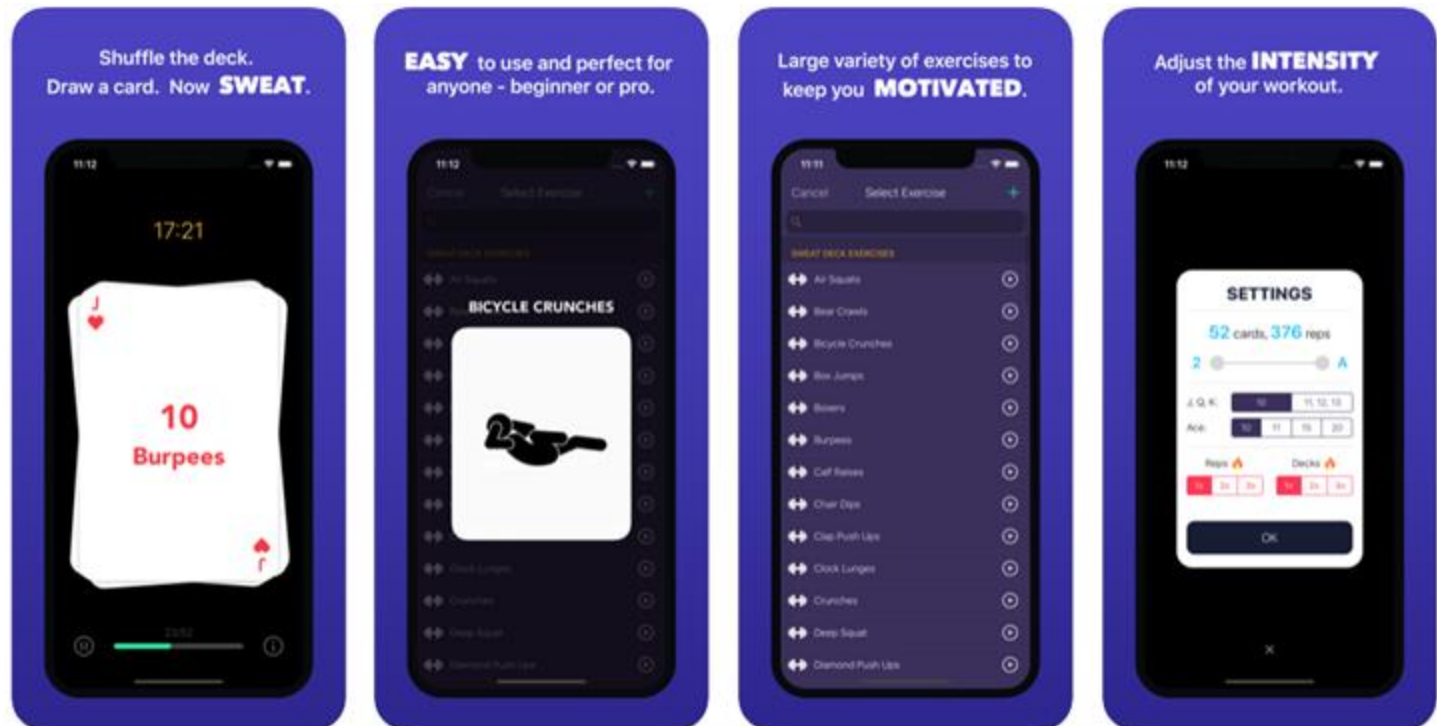


Sweat Deck

Sweat deck is an app that will help you mix up your fitness routine with an endless combination of simple & effective workouts!

It's completely **FREE**.

Example screenshots from app:





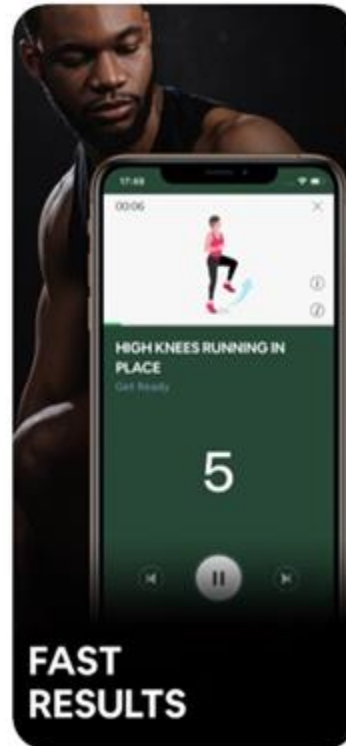
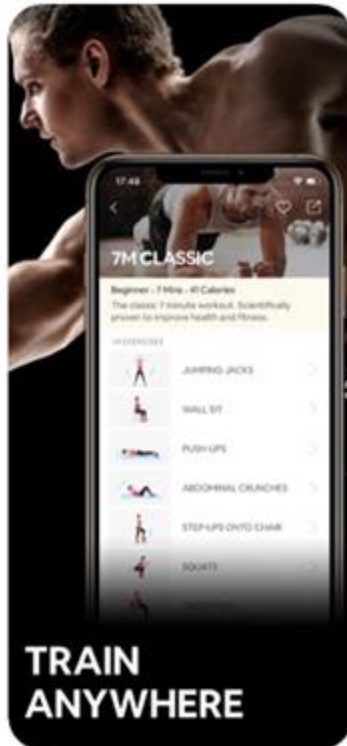
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7 Minute Workout

- Professionally designed workouts that are short and effective.
- No equipment needed.
- Personal trainer with voice and video instructions.
- Beginner friendly workouts that are easy to perform.
- Build your own 7 minute workouts.

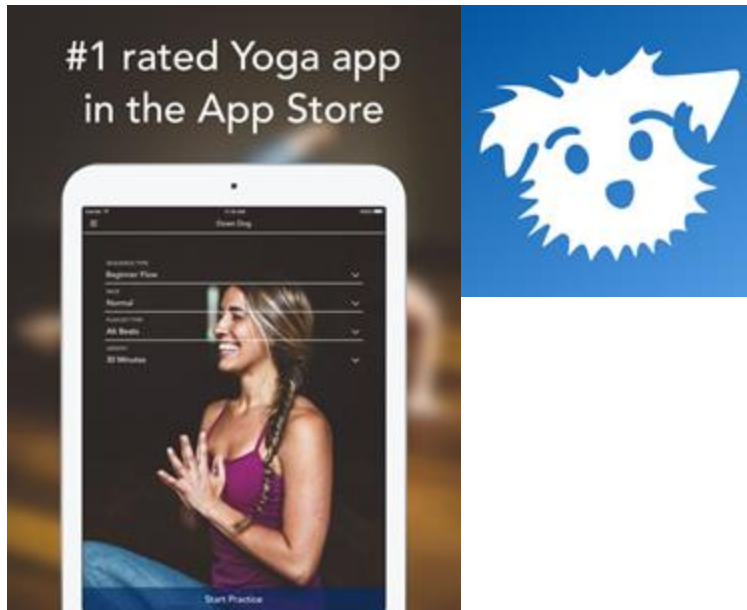
It's completely **FREE**.



**Example
screenshots
from app:**



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Select your time, level, focus, voice, and music, and Down Dog creates a unique, personalized YOGA practice every time

Click here to visit the website:

[Down Dog | Great Yoga Anywhere](https://www.downdogapp.com/)

Example Session:





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Ukactive Kids and Nike have combined to start 'Move Crew', a set of activity missions designed to help kids unlock their 60 minutes of daily recommended activity.

View website here: [Move Crew](#)

Each Monday, a Nike athlete will announce a new weekly theme and every morning at 8am, the new Move Mission will be released.

Week 1 Day 1 Mission:





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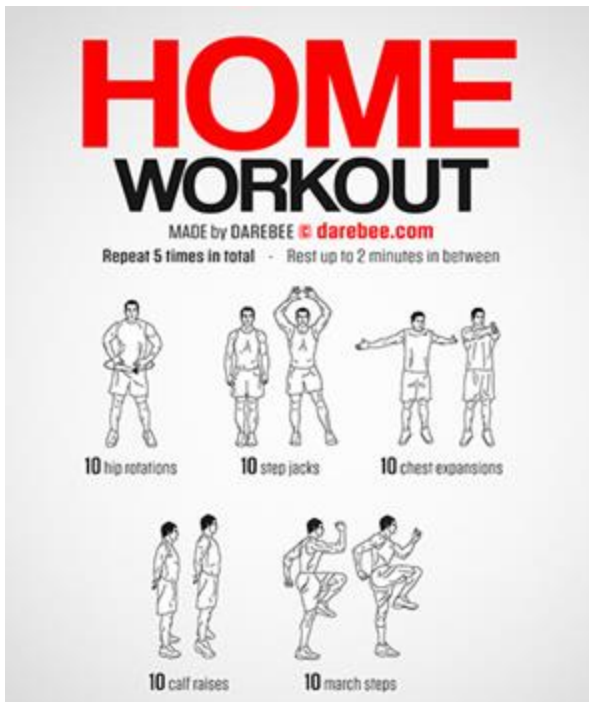


Thousands of workouts available as one offs or 30 day challenges.

All **FREE** to download as pdfs.

Click here to visit the website: [DAREBEE - Fitness On Your Terms.](https://darebee.com)

Example Workouts:





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Fitness



Star Jumps



Burpees



Sit Ups



Press Ups

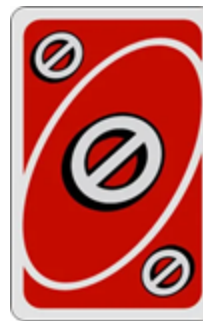
Number Cards - Students complete the number of repetitions based on the number and colour card drawn.

WELCOME TO UNO FITNESS

These Are The Rules To Follow...
(Can be performed as a group or individually)

Take it in turns to draw a card from the deck. The card that is drawn will uncover the activity you must complete. Remember each colour has a different activity and the number represents how many times you must do the activity.

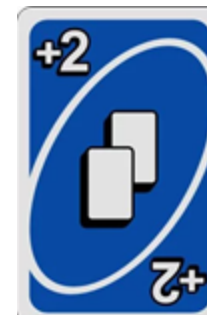
If You Do Not Have Uno Cards The App Is Free To Download On Apple Or Android



Skip Card
Player must skip around the room once



Wild Card +4
Draw four cards and do all activities



Draw 2 Card
Draw two cards and do both activities



Wild Card
Player must get a drink of water



Reverse Card
Player must jog around the room backwards



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*Deck of Cards
Workout*



Squats



Lunges



Press-ups



Burpees

Special Cards



15 Reps



20 Reps



Hop on
one leg
until it's
your turn
again



Draw 4
cards and
do all
activities

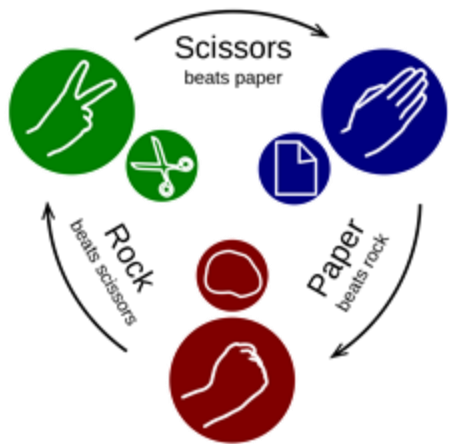
The Rules:

- Each of the four suits in a deck of cards represents a different exercise, and the card value equals the number of repetitions.
- Each card drawn must be completed by the contestants before moving on to the next. 30-second rests are allowed in-between cards.
- Two or more people compete to see who can last the longest. The deck will be recycled until there is only one person left.



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Rock Paper Scissors Workout



The Rules:

- Find a partner
- Play 'rock, paper, scissors'.
- Winner does a 5 second plank, Loser does the exercise below
- If it's a draw, play again



10 reps



15 reps



20 reps



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Dice Workout



10 reps



15 reps



20 reps

The Rules:

1. Decide on whether you are playing for Bronze, Silver or Gold
2. Roll the dice
3. Do the activity
4. The next person rolls and does their activity
5. The winner is the person who continues the longest





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Coin Toss Workout



The Rules:

1. Flip the coin
2. Complete the exercise



10 reps



15 reps



20 reps

Flip	Heads	Tails
1		
2		
3		
4		
5		
6		



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Phone Number Workout

The Rules:

1. Write your phone number down
2. Go through your phone number one digit at a time and do the exercise associated with that number
3. Try a new phone number

1



2



3



10 reps

4



5



6



15 reps

7



8



9



20 reps

0





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This or That Workout

The Rules:

1. Make a choice
2. Do the exercise
3. Continue



2 mins



4 mins



6 mins

Do the exercise that is on your side of the room!

CALL OF DUTY Round ends in... **FORTNITE**

24

Or



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Spell a word you find challenging to create your own personal workout.

Repeat the word 3 times to reinforce the spelling and work up a sweat!

Select the REPS based on your energy levels: 10, 15 or 20 repetitions.



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



R



S



T



U



V



W



X



Y

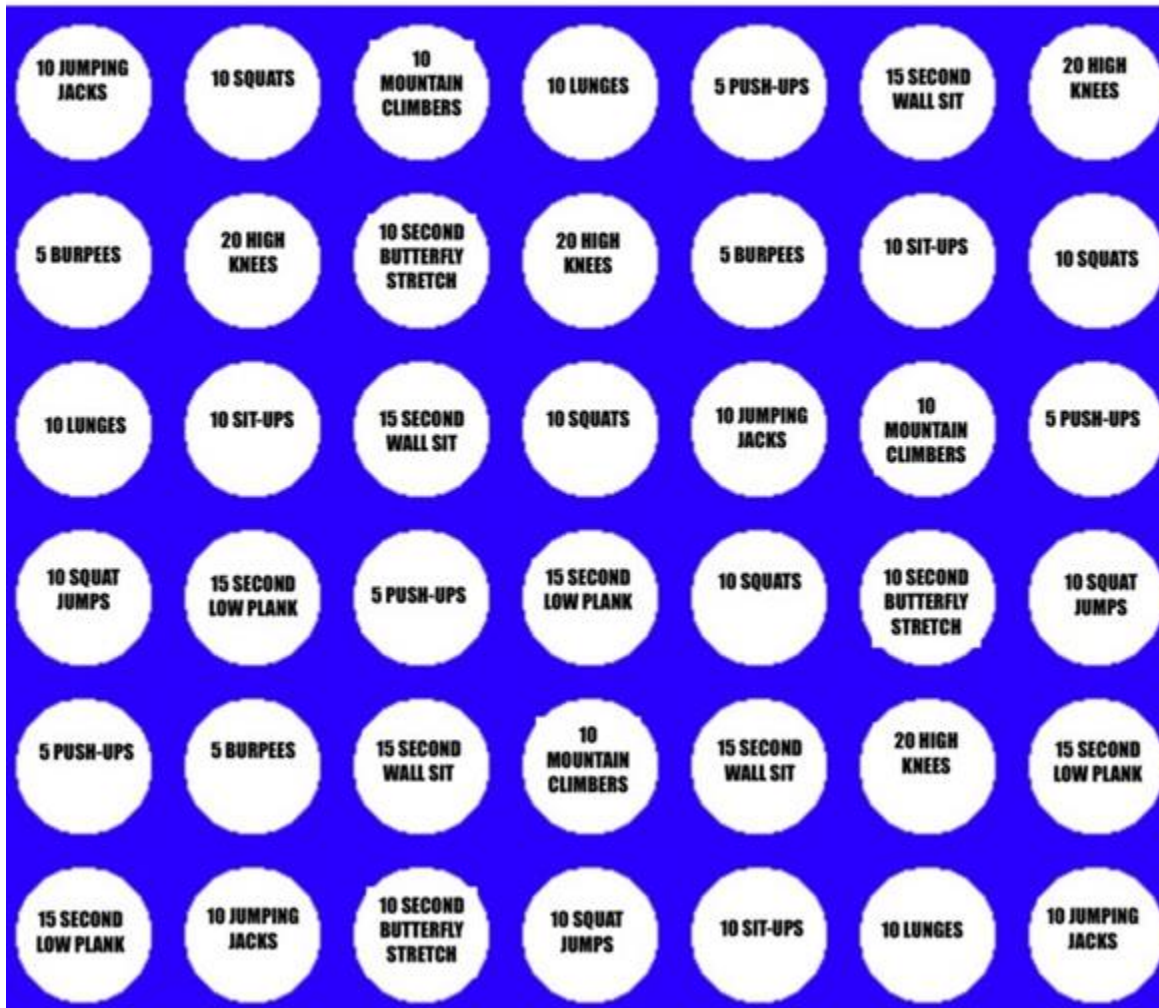


Z



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THE ORIGINAL GAME OF **CONNECT 4** **FITNESS**



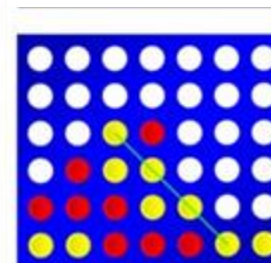
One person plays red pieces and the other person plays yellow pieces.

Rock, paper, scissors to decide who goes first.

Place your game piece on a circle on the board and perform your exercise.

Take turns.

First person to get 4 in a row in any direction wins the game.



Enjoy!



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Key: Rent x5 reps, House x12 reps, Hotel x20 reps, You must continue to go around the board until you have crossed off each activity in the bank. To select rent, house or hotel you must first roll the dice: (if it lands) Rent: 1-4. House: 5-8. Hotel: 9-12

MONOPOLY BOOTCAMP

MONOPOLY BOOTCAMP RULES:

1. You must move clockwise around the board
2. Your whole team must complete the same level for each exercise
3. Chance Cards and Community Chest Cards must remain in their piles, unless otherwise stated
4. Once you have completed the exercise, 1 team member rolls the dice to move your team on
5. You can choose the level you complete the exercise at - Rent, House or Hotel
6. Complete the BANK table to keep track of your money!

OUR TEAM TOTAL:






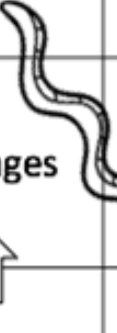






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BANK			
	Rent	House	Hotel
STRETCH STREET			
Arm Stretch			
Leg Stretch			
SQUAT STREET			
Squats			
Jump Squats			
Walking Squats			
CARDIO CORNER			
High Knees			
Star Jumps			
Mountain Climbers			
AB AVENUE			
Sit Ups			
Russian Twist			
Oblique Twist			
BOTTOM BOULEVARD			
Donkey Kicks			
Hip Raises			
Squat Side Leg Lift			
ARM ALLEY			
Push Ups			
Tricep Dips			
Shoulder Taps			
LEG LANE			
Lunges			
Lunge Jumps			
Lying Side Leg Lift			
BURPEE BOULEVARD			
Burpee			



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Fitness Snakes and Ladders

 15 sit ups	20 seconds of skipping	20 seconds plank	25 star jumps	FINISH
 10 shuttle runs	 12 press ups	15 star jumps	10 shuttle runs	 20 high knees
 14 lunges	 15 seconds plank	8 burpees	 15 squats	 10 tricep dips
 10 seconds of skipping	8 shuttle runs	10 press ups	10 sit ups	 10 star jumps
START	15 seconds wall sit	10 seconds plank	 15 high knees	 10 squats

1. Players with the least amount of letters in their name goes 1st.
2. Climb UP ladders.
3. Slide DOWN snakes.
4. If you land on a ladder or snake you must perform the exercise BEFORE moving up or down.
5. If you roll a 6 you get an extra turn.
6. You must land directly on the finish square to win.
7. If your final roll takes you PAST the finish you stay where you are and perform that exercise again.
8. Winning player picks a forfeit from the board for the losing players to perform.



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Green

Clap



Yellow

Arm
Round



Blue

Push
Away



Red

Shake
Head



Left Hand

Front,
Side,
Back



Left Foot

Clap
Under
Left Leg



Right
Hand

Woah



Right
Foot

Elbow To
Knee

Welcome to TWISTER MEETS TIKTOK

The rules are simple: using the code above you can create your own TIK TOK twister style, each spin will give you two moves. Spin until you have enough for a dance & share with your friends. You may want to write them down so you do not forget. All you need to find is a backing song to show off your moves! Enjoy...



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NETFLEX

20 Minute workouts



Pilates



Abs and Core





Physical Education at Home 2021

NETFLEX

Dance



Younger Children



Yoga





Physical Education at Home 2021



Mental Health

It's vital to 'check in' with yourself during this difficult time.



Physical Education at Home 2021



When you're experiencing a mental health problem, **supportive and reliable information can change your life.**

That's what MIND do.

Visit their website: <https://www.mind.org.uk/>





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YOUNGMINDS
fighting for young people's mental health

How many positives can you think of?

Fill in the shapes with as many positives you can think of.
E.g. "I am brave, kind, caring..."

I AM

I HAVE

I CAN

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

Visit the website here:

<https://youngminds.org.uk/>

Or follow them on Instagram:

[YoungMindsUK \(@youngmindsuk\)](https://www.instagram.com/youngmindsuk)

“ Get changed in the morning from what you've slept in, even if you change into different pyjamas. Try and get some movement in even if that is through a ten-minute yoga video. ”



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HEADSPACE®

Mindfulness for your everyday life.

Stress less. Move more. Sleep soundly.

Click here to visit the website:
[Headspace: Meditation and Sleep Made Simple](https://www.headspace.com/meditation-and-sleep-made-simple)

Some **FREE** content, some paid content

Example:





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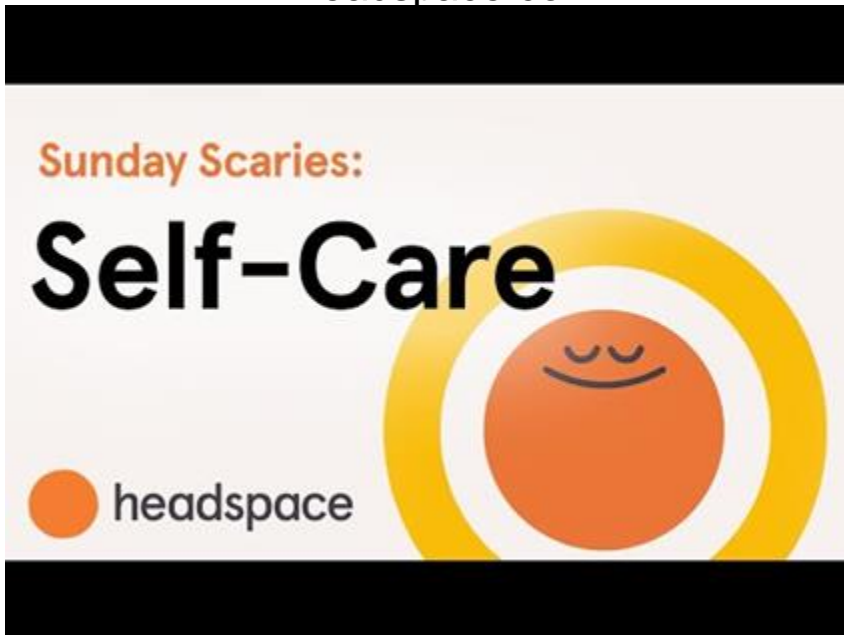
Mental Health

It's vital to 'check in' with yourself during this difficult time



HEADSPACE®

www.headspace.com



If you're having a tough time at the moment and need some support I recommend you look at these websites:

YOUNGmINDS
fighting for young people's mental health

www.youngminds.org.uk

 **mind**
for better mental health

www.mind.org.uk



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Skills

Learn a new skill or consolidate existing skills.



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What is it?

FREE daily digital content to help keep students active, including video coaching and resources from sport NGB's. Through the 'TopYa! Active' app, students are tasked with sharing videos of their attempts at a series of physical challenges. These videos are reviewed by a virtual coach, who will provide feedback.

How to get involved:

1. Download the TopYa! Active app from the App Store or Google Play
2. Create your Player (child) account
3. When prompted to enter an Invite Code enter **23880** and then choose Secondary School League

Example:





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HEMOCOURT®

HomeCourt is a fast and fun way for anyone to develop their movement skills.

Website: <https://www.homecourt.ai>

FREE access until 31st May.

Examples:





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**YOUTH
SPORT
TRUST**

PE activities that can be done individually or in pairs/small groups with a focus on the development of physical competence and actively learning the importance of personal skills to support social, emotional and mental wellbeing.

View website here: [Free Home Learning Resources](#)

Video:



Examples:

PDF Guide:

#ThisIsPE
Volleyball — The Dig pass
SECONDARY KEY STAGE 3 PE @ NET/WALL

Content outline
This activity aims to develop the correct technique of the 'Dig' pass in Volleyball.

- Correct 'Dig' technique
- Body position
- Contact platform
- Adapting technique to change direction of the pass

S T T E P

This resource and supporting video have been created by:
Guy Wynn, Stratford-Upon-Avon School

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education.

S
Space

- Increase the distance from the ball feeder (to make the task more difficult)
- Decrease the distance from the ball feeder (to make the task easier)

T
Task

- Complete the task whilst stationary
- Complete the task whilst moving forwards or backwards
- Complete the task whilst moving sideways

E
Equipment

- Change size of ball
- Use different household items (Eg. Change from a cushion, to a smaller soft toy)
- Change the size of the targets you are aiming at (use smaller targets to increase difficulty)

P
People

- If you have another person in your house, ask them to feed the ball for the activity
- Ball feeder can increase difficulty by changing the speed and direction of the ball feed
- Challenge a friend to an online competition – How many targets can you hit in 1 minute?

Learning intention

Physical:

- To develop the technique of the 'dig' pass in Volleyball

Personal:

- To develop perseverance

Learning questions:

- What does the 'dig' position look like?
- Where is the main movement generated?
- When would you use this type of shot?
- When in a game would this shot be used?
- When were you most successful during the task?
- What coaching points would you identify from this activity?



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Two minute videos, delivered by PE teachers, will help to continue your skill development in PE.

Videos are posted at 1pm on a Monday, Wednesday and a Friday. You don't need to be in PE kit and you don't need sports equipment. All the videos use things that you can find around the home.

Click here to view the full playlist: [#ThisIsPE](#)





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Example Class:

Weekly dance tutorials from world renowned dance group 'Diversity'!
Whether you're an experienced dancer or just starting out in your bedroom, 20DV can take you to the next level...

Click here to visit the website:
[20DV](https://www.20dv.com)





Physical Education at Home 2021



Weekly dance tutorials from a leading dance charity in the country. Focus is street dance and hip-hop.

Click here to visit the website:

[U DO IT!](http://www.udoitdance.co.uk)

**FREE ONLINE STREET DANCE
LESSONS WITH UK WIDE
CHOREOGRAPHERS**

Example Video:

**LEARN STREET
DANCE
WITH
UDOIT DANCE FOUNDATION**

WWW.UDOITDANCE.CO.UK





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At Home Football Skills



Website: [Skills at Home](#)



Playlist: [Coerver Coaching](#)



Playlist: [Skills for Beginners](#)





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BBC

**Make
Your Move.**

Accessible, physical challenges and videos for everyone. Whatever your personal motivation is, you can take steps (in the comfort of your own home and at low cost) to getting stronger and fitter.



Movement



Balance



Flexibility



Strength

Example Video:



Click here to visit the website: [Make Your Move](#)



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Creativity

Use your imagination, ingenuity and creativity



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Create your own Game

1. Find an appropriate space



Bedroom

The bigger the space the better. Ask the adults in your home for suggestions.

4. Decide the rules

How will you **move** yourself or the equipment

What type of **equipment** will you use?

What is the **playing area**? What's in and out?

What is the **scoring** system?

5. Play the game!

Try it out. Tweak the rules if needed. Enjoy!

2. Choose the number of people



Can everyone in your home be involved?

3. Decide on the type of game



Target Striking

e.g
Bowling
Cricket

Net/Wall

e.g
Tennis

Invasion

e.g
Football

6. What's next?

- Name your game
- Teach it to someone
- Create a poster showing how to play it
- Create a tournament in your home



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Create your own Game examples...
All videos courtesy of @MrHamiltonPE

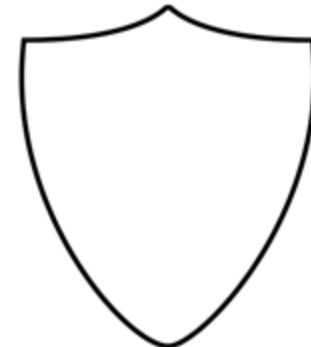
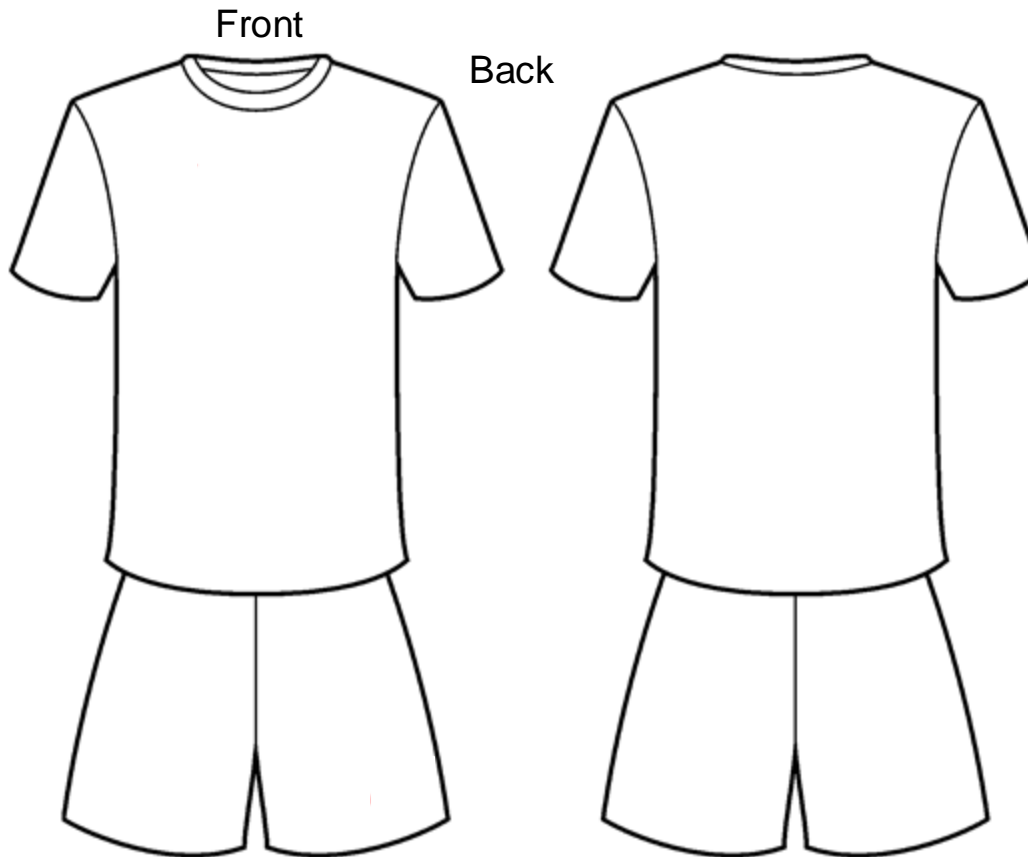




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Create a new PE kit

Can you design a new PE kit for Chase Terrace Academy? Use any design and colour scheme you like.



Challenge: Design a PE Badge



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Get active, discover the Olympic and Paralympic Values, take a look behind the scenes at Team GB and ParalympicsGB - there is so much to explore with Get Set!

Click here for more resources :

[Secondary Home Learning](#)

Example Task:

ACTIVITY SHEET

WEAR THE COLOURS DESIGN CHALLENGE WEAR THE COLOURS

NAME: _____

Task

To design and make a **simple wearable product** which expresses support for Team GB and ParalympicsGB. You must:

- Select appropriate materials
- Include graphics, artwork or messages to show support for British athletes
- Plan for how to attach your product to clothes or the body so it is easily wearable.

What to do

1. Brainstorm and discuss suggestions for the type of product you could make. Choose the best one.
2. Decide how your design could show support for British athletes.
3. Start to think about how your product could be worn and fixed.
4. On paper sketch ideas and jot down notes. Fill in the sections below:





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Athlete Guess Who



Rules: 1. Find a partner 2. Both view the athletes on separate devices 3. Pick an athlete each (keep it secret) 4. Ask each other questions to try to identify each others athlete E.g: ' Does your athlete use a ball? 'Does your athlete play in a team? 5. First person to guess correctly wins.



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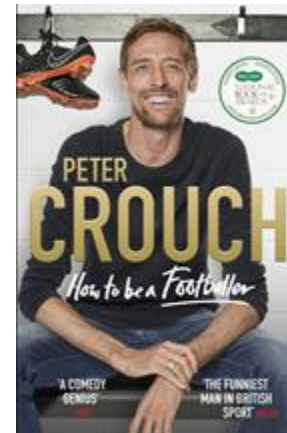
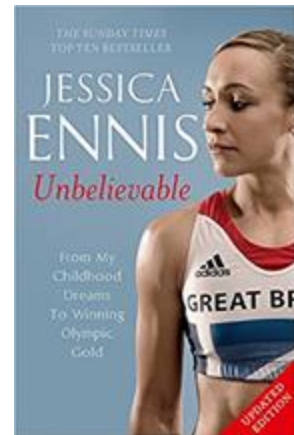
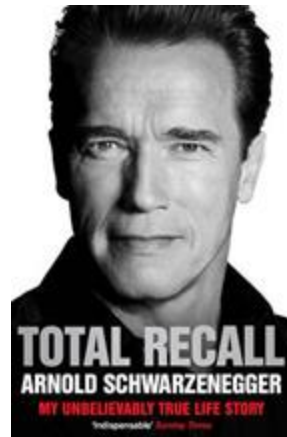
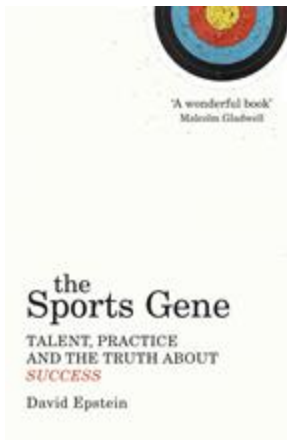
Media

Can you read/watch/listen to one of our recommendations and write a summary of the key messages?



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Recommended Books

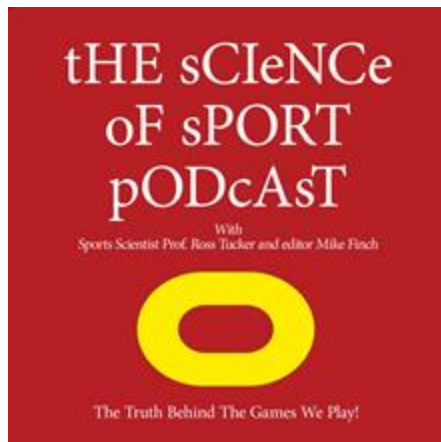




Physical Education at Home 2021

Staff Recommended Podcasts

<https://open.spotify.com/episode/7m1P7cggWoa5MFwNEXCgH5>



<https://www.bbc.co.uk/programmes/p085f53y>

<https://player.fm/series/2435348/255904243>



<https://www.bbc.co.uk/sounds/series/p06kyljg>

<https://open.spotify.com/show/4CvnmCQF0XeDnMHGwKwBy?si=I-xGOQYwSL-qXE3yJiyAw>





Physical Education at Home 2021

Staff Recommended Films

Icarus (2017)
15 Rating



Remember the Titans (2000)
PG Rating



Space Jam (1996)
PG Rating



Moneyball (2011)
PG Rating



Coach Carter (2005)
Rating 12A





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More Recommended Films



Building Jerusalem (2015)



Ronaldo (2015)



Free Solo (2019)



Stop at Nothing (2017)



Class of 92 (2012)



Resurfacing (2020)



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Staff Recommended TV Shows

All or Nothing (2018)



The Green Goddess



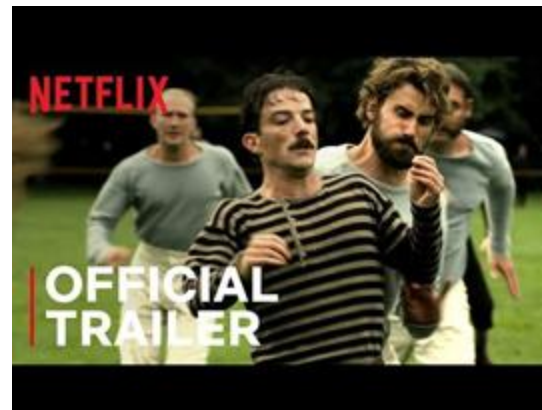
Cheer (2020)



A Question of Sport



The English Game (2020)





Physical Education at Home 2021

More Recommended TV Shows



First Team Juventus (2018)



All or Nothing: Dallas Cowboys (2018)



Losers (2019)



The Test (2020)



F1: Drive to Survive (2019)



Basketball or Nothing (2019)



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2018 | 46 mins

<https://www.youtube.com/watch?v=Ft4yg203tJY&t=1060s>



2019 | 55 mins

www.youtube.com/watch?v=fyUMiFYoU1o



2017 | 55 mins



2018 | 100 mins



Physical Education at Home 2021

Staff Recommended TED Talks

Alex Honnold



Sean Adams



David Epstein



Pico Iyer



Martin Hagger





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Challenges

Can you achieve **GOLD** on each challenge?



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PE Challenge 1

Can you throw a ball in the air and then touch your head, shoulders, knees and toes, and then catch the ball?

What you need:



or



Scores



Head
Shoulders



Head
Shoulders
Knees



Head
Shoulders
Knees
Toes



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 2

How many times can you bottle flip in 1 minute?

(You get 2 flips for every 3 jumping jacks you do)

What you need:



Scores



2



4



6



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 3

Can you complete the Plank Challenge?

What you need:



A partner



Tik Tok

What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 4

Roxanne Burpee Challenge = Every time you hear 'Roxanne' you do a burpee

What you need:

Just yourself and the song 'Roxanne' by The Police



Scores



1
minute



2
minutes



3
minutes



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 5

How many kick-ups can you do with a roll of toilet paper?

What you need:



Scores



5



10



15+



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 6

How long can you keep up with the 'Sally Up Squat Challenge'?

What you need:

Just yourself and the song
'Flower' by Moby

Scores



1

minute



2

minutes



3

minutes



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 7

Cha Cha Slide Plank Challenge = How long can you last?

What you need:

Just Yourself and the song
'Cha Cha Slide' by DJ Casper

Scores



30s



60s



90s



What component of fitness is being tested/developed? What sports is this applicable to?




Physical Education at Home 2021

PE Challenge 8

Baby Shark Abs Challenge = How long can you last?

What you need:

Just Yourself and
this video 

Scores



20s



40s



60s



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 9

24th April = National Skipping Day!

How many times can you skip in a minute?

What you need:



or

A Dressing gown rope

Scores



30



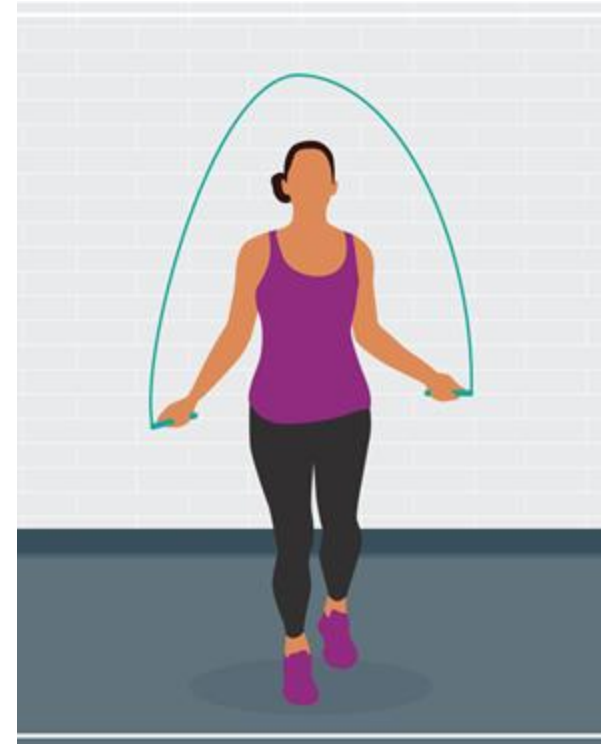
50



70



348



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 10

How long can you balance a sweeping brush vertically on your foot?

What you need:



Scores



15s



30s



45s



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 11

How many points you can get on the Flappy Bird Press-up challenge?

What you need:



Scores



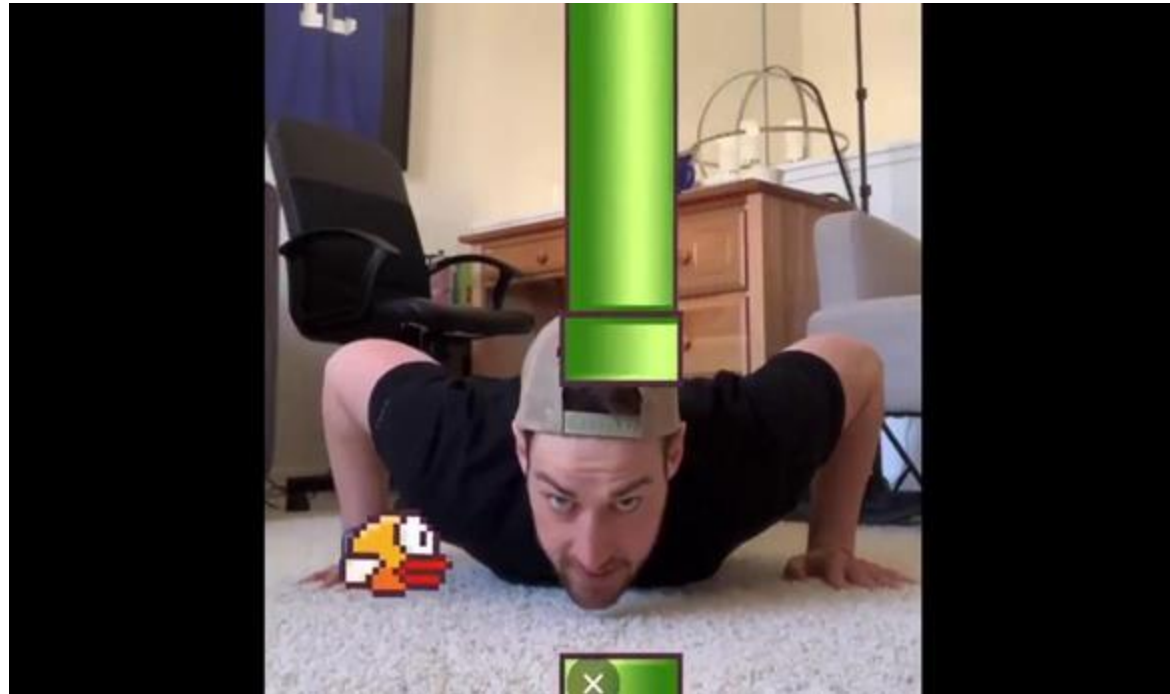
5pts



12pts



20pts



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 12

Learn how to Juggle!

What you need:



or



Scores



1

ball



2

balls



3

balls



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

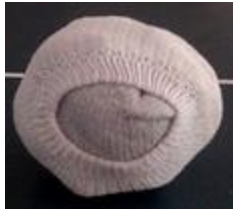
PE Challenge 13

How many times can you tap the ball with your toes?

What you need:



or



Scores



30



45



60+

What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 14

How many times can you fan the plastic bag between 2 points 10 feet apart?

What you need:



Scores



2



3



4



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 15

How long can you spin a ball on your finger?

What you need:



Scores



5s



10s



15s



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 16

How many times can you jump two-footed over a Cereal Box in 1 min?

What you need:



Scores



20



30



40



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 17

How many throws can you get in the Alternate Hand ball toss?

What you need:



Scores



20



30



40



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 18

How many hits can you do with your partner?

What you need:



Scores



5



10



15



What component of fitness is being tested/developed? What sports is this applicable to?



Physical Education at Home 2021

PE Challenge 19

Can you jump around your partner 5 times?

What you need:



A partner



What component of fitness is being tested/developed? What sports is this applicable to?