

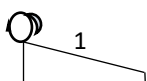


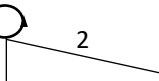
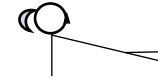


Remote Learning – PE Week 6



This week the focus is on balance - Can you move smoothly from 1 balance to another?

The lessons for the next few weeks will be written with the Sussex Virtual Winter Games in mind, <https://www.activesussex.org/virtual/>

Suggestion: Again, you may want to have a go at the challenges before you work through these activities. Hopefully you will improve...

1. Warm up/loosen up	<ul style="list-style-type: none"> Decide on the space you are going to work in and move in lots of different ways. Remember to include walking; jogging; skipping; jumping; side-stepping; galloping. How else can you move? Can you feel any changes? What happens to your breathing? Your heart rate? Do you feel any warmer?
2. Make a shape!	<ul style="list-style-type: none"> Continue to move round and get a partner to call out a number between 1 and 4. Once they call a number, can you hold a shape/ balance still with that number of parts touching the floor? E.g. "2" – standing still with both feet on the floor or still with 1 hand and 1 foot on the floor Top tip – by holding in your core/ tummy and being "strong" you will find it easier to hold the shapes/ balances still BUT don't forget to breathe! Now call out 2 numbers, e.g., 3 and 1. Try to link together 2 shapes/ balances, the first with 3 parts touching the floor then moving to 1 part touching the floor. Can you hold both really still? Can you make these transitions smooth? Now try linking more together. Can you vary the heights e.g. some on the floor, some on your feet, etc. Keep practising different shapes/ balances, how can you challenge yourself? Make sure each shape/ balance looks balanced and controlled – no wobbling! Can you make the transitions/ moves between shapes/ balances quick to really show the stillness of the shapes/ balances?
3. Taking weight	<ul style="list-style-type: none"> Can you find balances where you take weight on your hands? Can you hold these still? Don't forget to breathe. Some ideas: <div style="display: flex; align-items: center; justify-content: center; gap: 20px;">      </div> Can you make asymmetric balances taking weight on your hands? Can you move between symmetrical and asymmetrical balances with control? Can you move quickly between the balances with control? <div style="text-align: right; margin-top: 10px;"> <ol style="list-style-type: none"> 1. Front support 2. Back support </div>
4. Bob Sleigh push off	<ul style="list-style-type: none"> This challenge requires you to hold front support. Can you raise 1 knee up towards your chest and then back, then repeat with the other leg? Remember to hold in your core/ tummy and don't forget to breath. Start slowly and then try to increase the number you can do, try and do more each time.
5. Skeleton Bob	<ul style="list-style-type: none"> Again, this challenge starts with the front support position Practise dropping 1 hip towards the floor, you will probably need to bend your arms slightly then repeat with the other hip. Start slowly and completing each move with control and balance, then try to increase the number you can do, try and do more each time.
6. Luge Bob Balance	<ul style="list-style-type: none"> Can you make a dish balance and an arch balance? Can you move smoothly with control between the 2? Think about keeping your core strong to help you hold the balance Now have a go at the Luge Bob Balance challenge <div style="text-align: center; margin-top: 10px;">   </div>

Now have a go at the Bobsleigh Challenge