

Spring Lockdown P.E. Activities Week 6



HOW CAN I SHOW OFF TO MY TEACHER?

RECORD YOUR WEEKLY ACTIVITIES ON A CHART! IT WILL BE COOL TO LOOK BACK ON WHAT YOU HAVE COMPLETED DURING LOCKDOWN AND HOW MANY EXERCISES YOU HAVE DONE! UPLOAD IT ON FRIDAYS TO YOUR PORTFOLIO!

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			



TAKE A HEALTHY SELFIE OF YOU COMPLETING YOUR ACTIVITY AND LOAD IT ONTO YOUR PORTFOLIO FOR YOUR TEACHER TO SEE! WE LOVE TO SEE WHAT YOU HAVE BEEN UP TO! YOU CAN EVEN VIDEO YOURSELF AND UPLOAD IT TO YOUR PORTFOLIO!



LESSON 1





To learn about and complete some Yoga positions

Your outcome will be being able to use and identify 3 different yoga positions.

The task is to complete one cosmic kids yoga activity today and post it on portfolio as part of your healthy selfie.



Top 10 Health Benefits of Yoga :

1. Improves Flexibility
2. Builds Strength
3. Increases Muscle Tone
4. Improves Balance
5. Supports Joint Health
6. Prevents Back Pain
7. Teaches Better Breathing
8. Fosters Mental Calmness
9. Reduces Stress
10. Increases Self Confidence

Follow the link:



<https://youtu.be/QM8NjfCfOg0>

LESSON 2





To learn about how to improve throwing accurately

Your outcome will be a higher percentage of your throws will be successful.

The task is to:

What you need: 3 pairs of socks and 3 or more pots or pans



How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.

Play with more people by seeing who can score the most points. The first person to ten points is the winner.

1. Stand straight upright, ball in your throwing hand, facing your target.
2. If you are throwing with your right hand, turn sideways 90 degrees to your right (reposition your feet so you are standing sideways to your target).
3. If you are throwing with your left hand, turn sideways 90 degrees to your left (reposition your feet so you are standing sideways to your target).
4. Make sure your feet are shoulder-width apart.
5. Lift your non-throwing arm to "point" at your target and shift your weight to your back foot.
6. Lift your throwing hand so the ball is near your ear (right ear if you are throwing with your right hand, left ear if you are throwing with your left hand).
7. You are ready to throw.
8. In one motion, shift your weight to your front foot, drop your pointing arm, and twist your torso as you bring your throwing arm over your shoulder to release the ball at your target.

LESSON 3





To learn about improving your timing when dancing

Your outcome will be to create a short routine to your favourite dance track and upload it to your portfolio.

The task is to:

Put your favourite music on and dance around to it for the whole song.

OR

Make up a dance and perform it to friends and family! Use counts of 8 for a really slick performance.

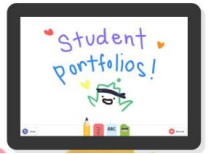


How to improve your timing:

1. Listen to the Music. Before you try to dance along with music, a good exercise is listening to a song and trying to pay attention to the tempo and beat of it. ...
2. Watch Other People Dance. Sometimes the best way to learn is by watching someone else. ...
3. Count Out Loud. ...
4. Start Dancing to the Beat.

LESSON 4





To learn about self improvement and perseverance

Your outcome will be completing a 7 minute exercise routine using as many different exercises as you can in that time.

The task is to:

What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks



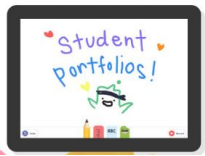
How can I tell if I have improved?

Each time you are completing the exercise routine, count how many of each you are doing in that 30s. For example you complete 10 tuck jumps in 30 seconds.

Complete this again at a later point – Can you beat the number you completed in the previous task and raise it to 15 tuck jumps in the 30 seconds?

LESSON 5





To learn about improving agility

Your outcome will be increasing the speed in which you can tap the correct letters to make a word.

Top tip:

Try standing on the balls of your feet. You'll be able to move quicker!

Can I play this by myself?

Yes! Simply open SpellingShed and get the computer to randomly select the word that you then have to time yourself spelling. Make sure you have the volume on loud so you can hear it!

This is too easy! Make it harder:

Put little obstacles in amongst the letters so it makes it more of a challenge when trying to tap the letters.

The task is to:

What you need: The alphabet written on individual pieces of paper. An item to be your start marker. One player and one person to choose the words.

How to play:

- Place the alphabet 6m away from the start marker.
- One person calls a word for the player to spell.
- The player must run up and touch each letter to spell the named word. If they spell it wrong they must go back to the start marker and begin again.
- Make this harder by asking the player to complete one star jump for each letter of the word before they start, so for 'smile' the player would need to do 5 x star jumps.
- Make this harder by asking the player to run back to their start marker after each letter they touch.

How many words can you spell in 3 minutes?

