SPRING TERM HOME PE

YR5

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| **Vertical Jump** strength and stamina |
| Equipment:  A safe space  Tape |
| How to play:  Stand with back to the wall. Stretch arms up to reach as high as possible.  Mark the wall (with something removal like tape) where the tips of your fingers reach to, or ask a parent to judge the mark.  Stand sideways on with jumping arm closest to the wall. Take one big jump up as high as possible and tap the wall (if you can hold a piece of tape and stick this to the wall as you tap, even better!)  Measure the distance between the standing height and jumping height.  **Skill Tip**: Bend knees before your jump to generate power. |
| Challenge:  Have a competition with yourself to try and beat your highest score.  **STEP principle of coaching/teaching- helps to engage, challenge, and motivate everyone by altering one or more of the principles**  Space – change the level of the jump –jump for length across the floor, rather than for height.  Task – Make up a different jumping game that can be measured. Jump for distance, or a hop for distance game.  Equipment – markers of the floor to jump over.  People – Get more family members to join in – have a competition to see who can jump the highest.  **Video** –<https://www.youtube.com/watch?v=pu5dYtr1gFE> (**SKIP TO 59 secs)** |

SPRING TERM HOME PE

YR5

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| **Walk the Line** |
| Equipment: balance and agility  Skipping rope / Dressing gown tie |
| Girl walking on a tight rope and trying to keep her balance against Stock  Photo - AlamyHow to play:  Try and walk along the rope without touching the floor?  Try walking backwards.  Try balancing some socks on your head as you walk.  If this is easy:  Try walking along the rope throwing and catch the socks without falling and touching the floor.  Include the following actions in a sequence, trying to stay on the rope:  walk balance tuck shape turn jump  **Skill Tip**: Keep you head up and try to find a point in your room to focus your eyes on. |
| Challenge: Once you have had some practise of the first exercise, find someone in your household to have a race with. How quickly can you walk along the rope and back without losing your balance?  **STEP principle of coaching/teaching- helps to engage, challenge, and motivate everyone by altering one or more of the principles.**  Space - Make sure the space is big enough and clear of hazards. Stay close together initially, if you want to make it harder make the space you play in bigger.  Task – Make it harder by balancing objects on your head as you walk on the rope or throwing and catching an object. Add more actions to the sequence.  Equipment – Introducing objects to balance on the head or throw and catch.  People – Keep challenging different players in your household, maybe you could create a competition. |

SPRING TERM HOME PE

YR5

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| **Skipping to Songs** |
| Equipment: Skipping rope or dressing gown rope. |
| Girls Skipping Stock Illustrations – 220 Girls Skipping Stock  Illustrations, Vectors & Clipart - DreamstimeHow to play:  Choose a motivational upbeat song of your choice.  See how many skips you can complete for the length of the song!  Can you keep going for the whole song length?  Maybe try rotating as you skip for an extra challenge! |
| Challenge: How many different types of skipping jumps can you master? Can you try two-footed jumps, running , hopping, jumping jacks (crossing your feet over - be creative! Can you keep going for the whole song?  **STEP principle of coaching/teaching- helps to engage, challenge, and motivate everyone by altering one or more of the principles**  Space - Plenty of space you are safe. Travel around the space or stay in one place. Can you skip backwards and forwards? Change your pathways.  Task – You can make this easier by single leg skips. Go slow or fast. Can you make up your own skipping rhyme as you skip?  Equipment – skip without a rope and use your arms as though you are skipping. Use a longer rope and get two people to turn it for you as you jump.  People – Do it with your family and see who can keep going for the longest!  Video: <https://www.youtube.com/watch?v=2Oe9PTp39Qo> |

SPRING TERM HOME PE

YR5

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| **Target Throw Teddies** *aiming and sending skills* |
| Equipment:  Lots of different sized teddy bears/soft toys or socks  Basket |
| Gift Basket Clipart | Clipart Panda - Free Clipart Images | Clip art, Free clip  art, Gift basketsHow to play:  Set the basket out 1 large step away from where you are standing.  Attempt to throw the socks/bear into the basket.  Each time you succeed, take a step back.  C:\Users\joela\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A1E8B1CB.tmp  Try to hit the target as many times you can in 1 minute.  How many steps did you take back?  Have a few goes and see if you can beat your highest score.  **Skill Tip:** Face the palm of your hand towards the target. |
| Challenge:   * Throw using your non dominant hand. * Can you do a cricket bowling action and bowl the balls into the basket?   **STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles**  Space - Bring the basket closer if too difficult or move it further away to make it harder. Try playing it at different levels , so put the basket on a table or sit on the floor.  Task – Keep taking steps backwards each time you succeed to make it harder each time. Change the rules and send it in a different way, perhaps by throwing backwards. Make up your own scoring rules.  Equipment – Use smaller teddies to make it more challenging.  People – Get your family involved. See who can do the most. Race each other. |

SPRING TERM HOME PE

YR5

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| **Reaction Time** *Strength and agility* |
| Equipment:  Pieces of paper  Something to stick paper to the wall (tape/blu tac) |
| How to play:  1  2  3  4  5  6  7  8  Write down numbers 1 to 8 on pieces of paper.  Stick them up on the wall- space the numbers out in a pattern.  Stand facing the wall.  Someone needs to shout out the number and you must then tap the number with your hand  as quickly as possible.  Time how many numbers you successfully hit in 1 minute.  **Skill Tip**: Bend you knees and be on your toes in a ‘ready position’. |
| Challenges:  Keep practising to try and beat your highest score.  Challenge someone else in your family.  **STEP principle of coaching/teaching- helps to engage, challenge, and motivate everyone by altering one or more of the principles**  Space – Ensure you have plenty of space to do the challenge. Put the numbers at different levels on the wall.  Task – Try introducing more numbers to make it more difficult. If the numbers are on the left side, try and touch them with your opposite hand , so your arms go across the body and you have to twist . Use alternate hands.  Equipment – paper, more numbers.  People - Have a competition against somebody else in your household.  **Video** -<https://www.instagram.com/tv/CJ8YDWdAMkh/?igshid=1wbts21drnwob> |

SPRING TERM HOME PE

YR5

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| Dice game! Stamina and agility |
| Equipment: a dice or 6 pieces of paper written with a number 1-6 on. A piece of paper and a pencil drawn like below - |
| How to play:  Look at the 6 different exercises –  If you roll number that is the activity you will be doing –  1-lunges  2-sit ups  3-tuck jump  4-burpees  5-high knees in front  6-jumping jacks  Now roll the dice 6 times and write  In the number in the 6 boxes below.   |  |  |  | | --- | --- | --- | | Dice Throw 1 | Dice Throw 2 | Dice Throw 3 | | Dice Throw 4 | Dice Throw 5 | Dice Throw 6 | |
| Challenges  1.Can you perform all 6 throws on the dice?  2.If you have done it once – throw 6 dice again and repeat it!  3. Make your own 6 activities up and challenge a family member.  **STEP**  Space Do the jumping activities on the spot or travel around as you do them.  Task – make up your own 6 activities.  Equipment –To make it harder hold a ball or soft object in your hands as you jump.  People – Play against a family member or a friend (e.g., on facetime). You throw the dice for your partner and they throw for you! |

SPRING TERM HOME PE

Year 5

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| Character choice rhythm, stamina, agility |
| Equipment: YouTube |
| How to play:  Choose your favourite character from the options below. Copy the link into YouTube and complete the workout challenge.  [Today I take you on a very magical trip to Diagon Alley, where I will take you through my 'Enchanted Spells' Workout.  This is the next instalment of my #GETKIDSMOVING Series.  So Kids grab your wands and lets do this! 👊🏼.   All you need is a wand, and lots of energy young wizards! Hit 3 rounds with minimal rest between exercises and 50secs rest between rounds 👌🏼   Your exercises are...  - EXPELLIARMUS - 30secs  - LUMOS MAXIMA - 30secs  - EXPELLIARMUS - 30secs  - EVERTE STATUM - 30secs  - EXPECTO PATRONUM - 30secs - EVERTE STATUM - 30secs   WITH EVERY SPELL MAKE SURE YOU SHOUT IT OUT! 😁     #physed #kidsfitness #harrypotter #kidsworkout #stayhome #supergirl #workout #homeworkout #childrenworkout #fullbodyworkout #exerciseathome #funexercise #superheroexercise #workout #kidsexercisevideo #workingout #gymathome #superheroworkout #familyworkout #getkidsmoving   For Bookings and Information: Blair@AlphadogMgmt.com](http://www.youtube.com/watch?v=fu-ZCwMrvKc)  <https://www.youtube.com/watch?app=desktop&v=fu-ZCwMrvKc>  [💫 WONDER WOMAN WORKOUT 💫   Calling all SUPERHEROES! It’s time to get superhero fit with this brand new GET KIDS MOVING workout! 👌🏼  This new workout gives you the chance to train along side ‘WONDER WOMAN’ as she takes you through her superhero training regime. So MUM’s and DAUGHTERS, click play, follow along and get yourself ready to save the world.  You have 30secs work and 10secs rest. Perform these 7 exercises twice round!  Your Exercises :- 💫 AMAZON LUNGE  - 30sec 💫 SQUATS OF JUSTICE - 30secs 💫 COMBO OF TRUTH  - 30secs 💫 AMAZON LUNGE - 30secs 💫 RUNNING BLOCKS - 30secs 💫 COMBO OF TRUTH - 30secs 💫 WARRIOR LAUNCH - 30secs 💫 SQUATS OF JUSTICE - 30secs 💫 WARRIOR LAUNCH - 30secs 💫 HERO KICKS - 30secs 💫 RUNNING BLOCKS - 30secs 💫 HERO KICKS - 30secs . . If you workout to any of my #GETKIDSMOVING videos, Be sure to take a picture or video and tag @glennhigginsfitness and I'll repost it in my stories 📸👌🏼 Plus be sure to subscribe to my GET KIDS MOVING @youtube channel for lots more workouts 👍🏼 Good luck 😉  . . #kidsworkout #stayhome #supergirl #WONDERWOMAN #WONDERWOMAN1984 #workout #Legsworkout #cardioworkout #homeworkout #childrenworkout #fullbodyworkout #exerciseathome #funexercise #superheroexercise #workout #getkidsmoving #kidsexercisevideo #workingout #gymathome #superheroworkout #familyworkout](http://www.youtube.com/watch?v=enI5HT_4sbM)  <https://www.youtube.com/watch?app=desktop&v=enI5HT_4sbM>  [Hey Superheroes. I'm bringing you a brand new 'AVENGERS' TABATA workout.  This new workout is the next instalment in ‘THE AVENGERS TRAINING ACADEMY' you get the chance to train just like one of THE AVENGERS. Just click play and follow along with THE MIGHTY AVENGERS and get yourself ready to help defeat THANOS and save the universe.  You have 8 ROUNDS of 20secs work and 10secs rest between each round. Try to perform this workout 2-3 times this week and Get yourself ready to take on THANOS :)  TABATA WORKOUT :-  Your Exercises :- DRAX PUNCHES  - 20sec REST - 10secs SUPER SOLDIERS - 20secs REST - 10secs ASGARD SMASH - 20secs REST - 10secs INFINITY SQUATS - 20secs REST - 10secs HYDRA PUNCHES - 20secs REST - 10secs SPIDEY KICKS - 20secs REST - 10secs  INFINITY JUMPS - 20secs REST - 10secs WAR MACHINES - 20secs  If you take it on, Take a picture or video and tag @glennhigginsfitness (INSTAGRAM) and  @GH__FITNESS (TWITTER) and I'll repost it 📸👌🏼  Plus be sure to click the subscribe button to get all the latest GetKidsMoving Content! 👍🏼 Good luck 😉     For Bookings and Information: Blair@AlphadogMgmt.com    #STAYHOME #KIDSWORKOUT #GETKIDSMOVING #SUPERHERO #stayathome #Avengers #Kidsworkout #workout #homeworkout #childrenworkout #fullbodyworkout #exerciseathome #funexercise #superheroexercise #workout #kidsexercisevideo #workingout #gymathome #superheroworkout #familyworkout](http://www.youtube.com/watch?v=jyWyBern6q4)  <https://www.youtube.com/watch?app=desktop&v=jyWyBern6q4> |
| Challenges   1. Can you complete two workouts? Or all three? 2. Make up your own workout routine with moves to suit your favourite character from a book or movie. Share this with a family member or a friend.   **STEP**  Space -Change the levels of your workout. Change the pathways of your travelling actions.  Task – change some of the activities to suit your favourite sport. Change the timings to make each exercise easier or harder.  Equipment – Try holding a ball or soft toy in your hands as you exercise.  People –Teach another person your routine. |

SPRING TERM HOME PE

Year 5

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| Spell your name Agility and fitness |
| Equipment: Alphabet sheet and a ball (or a sock rolled up like a ball) |
| How to play:  Look at the different letters for your name below.  Do the exercises as you spell out your first name and surname.  When you have completed this can you do the next set of exercises for your surname. |
| Challenges : Can you do all your name? Can you do your road name where you live? The  names of your family?  Space - Use different pathways whilst travelling : zig zag, straight or circular.  Task – change some of the activities to suit your favourite sport. Change the timings to make each exercise easier or harder.  Equipment – Try using a bigger or smaller ball. Hold a toy in your hands as you perform the actions.  People – play on your own or do the actions together with someone else. |

SPRING TERM HOME PE

Year 5

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| 60 second challenges Agility and fitness |
| Equipment: stopwatch, a ball (or socks rolled up like a ball), skipping rope, cones/ markers |
| How to play:   1. Figure of 8      1. Slalom run      1. Skipping |
| Challenges:  Figure of 8 – Try with a smaller ball or a bigger ball – which is easiest/hardest?  Slalom run – add in an extra object to run around – go faster so you still complete the same number of runs in 60 seconds.  Skipping – can you skip backwards?  **STEP**  Space Make the slalom run longer or shorter.  Task Slalom – add in a basketball or football to dribble. Skipping – use different moves (e.g., 2 feet  skips, alternate feet, skip backwards, double jump to make the task easier)  Equipment Try using a bigger or smaller ball.  People Challenge a family member or a friend (e.g., on facetime) to complete the activities with you. |

SPRING TERM HOME PE

Year 5

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| Video games fitness and stamina |
| Equipment: YouTube |
| How to play:  Choose a video game to ‘play’ from the options below. Copy the link into YouTube and complete the workout challenge.  <https://www.youtube.com/watch?app=desktop&v=tbCjkPlsaes>  [A picture containing playing, man, ball  Description automatically generated](http://www.youtube.com/watch?v=tbCjkPlsaes)  [4 fun levels in this workout with a new time warp! Follow along and make it through the obstacles to advance to the next level of fitness! ENJOY!!!   Exercises incorporated are... 1. Front, back, GO 2. Jumping 3. Ducking 4. Kicking  “Sound effects obtained from https://www.zapsplat.com“](http://www.youtube.com/watch?v=wu--9fOkOJM)  <https://www.youtube.com/watch?app=desktop&v=wu--9fOkOJM>  [THE FORTNITE DANCE WORKOUT.  With Fortnite taking over the world, I'm giving kids and adults the chance to be part of the game. It's time to put down your controllers and get your dance game on.  Follow DRIFT as he takes you through each dance. You need no equipment at all, just a timer and a little space! Every dance lasts 30secs with 10secs rest between dances and 1min rest between rounds 👌🏼 try to do 4 rounds if you can.  Your Dances are...  1 - BEST MATES - 30secs  2 - TWIST - 30secs  3 - INFINITE DAB - 30secs  4 - WIGGLE - 30secs  5 - JUBILATION - 30secs 6 - RIDE THE PONY - 30secs  7 - TAKE THE L - 30secs   If you take it on, Take a picture or video and tag @glennhigginsfitness on instagram or @GH__fitness on twitter and I'll repost it 📸👌🏼 Plus be sure to click the link in the bio and subscribe to my @youtube channel for loads more kids  workouts 👍🏼 Good luck 😉    #GHFitness #workout #exercise #getkidsmoving #kidsworkout #stayhome #workout #homeworkout #childrenworkout #fullbodyworkout #exerciseathome #funexercise #superheroexercise #workout #kidsexercisevideo #workingout #gymathome #superheroworkout #familyworkout](http://www.youtube.com/watch?v=MnpxQr3KXNw)  <https://www.youtube.com/watch?app=desktop&v=MnpxQr3KXNw> |
| Challenges: Can you complete two workouts? Or all three? Make up your own workout routine with moves to suit your favourite video game. Share this with a family member or a friend.  **STEP**  Space – use up a larger space when doing the routines.  Task –Change the tasks in the routines, perform them at different speeds.  Equipment – Hold a ball or objects as you work out.  People –work on your own or teach someone else your routine. |