

PE Ideas from Mrs Annis

Worcestershire Virtual Games

<https://www.activehw.co.uk/worcestershire-school-games>

Worcestershire Virtual Games are weekly challenges for children to get active at home. All participants will receive an e-certificate, with the top 3 individuals receiving a placing e-certificate. The primary and secondary school with the highest percentage of participants in each competition will receive a Decathlon e-voucher.

Race At Your Pace

<https://www.raceatyourpace.co.uk/>

Race At Your Pace has a series of monthly running, walking and cycling challenges for school children.

There are trackers available so that your child can track their progress and, if you want to, you can register for a fee so that your child receives a medal – this is optional as there is a fee for registration.

New Horizons Digital Dance Programme

New Horizons Digital Dance Programme is a series of 4 online weekly warm-up and choreography sessions leading to performing a complete dance routine.

Link to WEEK 1 - WARM UP

<https://vimeo.com/user20568996/review/427153606/59b4c5c333>

Link to WEEK 1 - CHOREOGRAPHY

<https://vimeo.com/user20568996/review/427142952/f8d923605e>

Link to WEEK 2 – WARM UP

<https://vimeo.com/429316357>

Link to WEEK 2 - CHOREOGRAPHY

<https://vimeo.com/429451436>

Link to WEEK 3 – WARM UP

<https://vimeo.com/431402678>

Link to WEEK 3 - CHOREOGRAPHY

<https://vimeo.com/431418646>

Link to WEEK 4 – WARM UP

<https://vimeo.com/433705367>

Link to WEEK 4 - CHOREOGRAPHY

<https://vimeo.com/433750073>



Holy Redeemer Catholic Primary School

Exercise ideas that you can do at home:

1. Make up simple dance/gym routines to music.
2. Practise throwing and catching.
3. Joe Wicks is doing a 30-minute work out on his YouTube channel each day.
4. Skipping
5. Practise kicking a ball against the wall.
6. Design your own fitness session and complete it every day. For example:

10 star jumps

10 high knees

10 power jumps

10 spotty dogs

10 criss-cross

10 heel flicks

or

3 minutes of shuttle runs

1 min little jumps

3 minutes skipping

1 minute throwing a ball against the wall

1 minute of standing long jumps

1 minute of target practice. Aiming a ball at an object.

(You could design your own circuit sessions and make posters of these that we could use in schools when we come back.)

7. Design an obstacle course in the back garden and time yourself completing it. You could design different obstacle courses.
8. Organise hunts. You can also design clues and maps for these hunts.
9. Use chalk or paint to make a hopscotch and then play this each day.
10. Balloon throw/catch and balloon tennis.
11. Hallway bowling. Fill up water bottles and use any ball you have.
12. Shooting practice with a ball.
13. Running/jogging/walking
14. Just dance and other dance routine from You Tube.