



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# PE

## Home learning activities

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By Mr J Ellis

See Loom video for instructions

# Learning in Physical Education at home.

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- Key learning in Physical Education at home can involve pupils:
  - Developing fitness
  - Engagement in fitness challenges
  - Healthy and active lifestyles?



# Learning Task 1 - Physical Education

## "The Body Coach"

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- Task 1 - Complete a "Body Coach" workout on YouTube. Follow the link to get the channel.
- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Success Criteria
  - Can you complete all the exercises?
  - Can you work for longer?
  - Can you complete more than one fitness video?

# Learning Task 2 - Physical Education Fitness challenges

- Choose from the fitness challenges. Can you complete the challenge and send your score to Mr Ellis on Class Dojo.

**60 Second Challenge**  
**Speed Bounce**

**The Physical Challenge**  
How many times can you bounce over a pillow in 60 seconds?  
Both feet must land over the pillow for the jump to count.

**#StayHomeStayActive**

**Are you honest?**  
Only count the jumps that are completed properly.



**Equipment**  
A pillow  
If you do not have a pillow, jump over a safe object!

**Achieve Gold** 80 Bounces 

**Achieve Silver** 60 Bounces 

**Achieve Bronze** 40 Bounces 

**60 Second Challenge**  
**The Plank**

**The Physical Challenge**  
Can you hold the 'plank' position for 60 seconds?  
Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

**#StayHomeStayActive**

**Can you focus and show self belief even though it is hard?**



**Equipment**  
Just yourself and enough space on the floor!  
Who can hold the plank position longest in your family?

**Achieve Gold** 60 seconds or more 

**Achieve Silver** 45 seconds or more 

**Achieve Bronze** 30 seconds or more 

**60 Second Challenge**  
**Figure of 8**

**The Physical Challenge**  
How many times can you pass a ball through both of your legs in 60 seconds?  
If you drop the ball you need to pick it up quickly and carry on.

**#StayHomeStayActive**

**Do you believe in yourself and keep trying if you drop the ball?**



**Equipment**  
A ball  
If you do not have a ball use a toilet roll or a cuddly toy.

**Achieve Gold** 35 times through your legs 

**Achieve Silver** 25 times through your legs 

**Achieve Bronze** 15 times through your legs 



# Learning Task 3 - Physical Education

## Healthy and active lifestyle

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Design a poster the components of a healthy and balanced diet. Use the eat well plate to help you with this. In your poster you could include the following below.

- Amount of exercise you should complete.
- What foods make up the eat well plate.
- Top tips on staying healthy and active.

