



Oakwood Academy
A Visual Arts, Technology & Sports College

PE

Home learning activities

By Mr J Ellis

See Loom video for instructions

Learning in Physical Education at home.

- Key learning in Physical Education at home can involve pupils:
 - Developing fitness
 - Engagement in fitness challenges
 - Why is PE important?

Learning Task 1 - Physical Education

"The Body Coach"

- 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
Climb the Mountain

The Physical Challenge
How many mountain climbers can you complete in 60 seconds?
Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive

Can you keep going even when you are tired?



Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold 40 Mountain Climbers 

Achieve Silver 30 Mountain Climbers 

Achieve Bronze 20 Mountain Climbers 

Learning Task 3 - Physical Education

Key skills in PE.

Design a poster on the following key skills in PE.

Why are these skills important and how do you use them in PE?

- Resilience
- Teamwork
- Confidence
- Communication