



# Oakwood Academy

A Visual Arts, Technology & Sports College

PE  
7A

By Mr J Ellis (Head of Department)  
See Loom video for interactive video

# Basic learning in Physical Education

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- The purpose of PE at Oakwood is to contribute to positive mental and physical health, developing key life skills in order to embed lifelong participation in physical activity."
- 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"

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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/UCAxW1XT0iEJo0TYlRfn6rYQ>
- 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

## 7A

### 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**  
**Socks in the Box**

*Do you keep trying even if you struggle to match up a pair of socks?*

**The Physical Challenge**  
How many socks can you pair up and put in the box in 60 seconds?  
Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.

**#StayHomeStayActive**



**Equipment**  
Socks and a Box!  
If you do not have a box use a bowl.  
Throw in unpaired socks as red hearings.

**Achieve Gold** 20 pairs of socks 

**Achieve Silver** 15 pairs of socks 

**Achieve Bronze** 10 pairs of socks 

**60 Second Challenge**  
**Star Jumps**

*Can you maintain your technique even when you are tired?*

**The Physical Challenge**  
How many star jumps can you complete in 60 seconds?  
Make sure you clap your hands above your head and bring your feet together.

**#StayHomeStayActive**



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

**Achieve Gold** 60 Star Jumps 

**Achieve Silver** 45 Star Jumps 

**Achieve Bronze** 30 Star Jumps 

**60 Second Challenge**  
**Catch and Clap**

*Which skills do you think will be key to succeed?*

**The Physical Challenge**  
How many times can you throw a ball up, clap once and catch it in 60 seconds?  
The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

**#StayHomeStayActive**



**Equipment**  
A ball  
If you do not have a ball use a toilet roll or pair of socks.

**Achieve Gold** 35 catch and claps 

**Achieve Silver** 25 catch and claps 

**Achieve Bronze** 15 catch and claps 



# Learning Task 3 - Physical Education 7A

## Why is PE important?

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- List the reasons why PE is important to you.
- What are the benefits of taking part in sport?
- Success Criteria
  - What life skills do you develop taking part in sport?