



Oakwood Academy
A Visual Arts, Technology & Sports College

PE
7C

By Mr J Ellis (Head of Department)

Basic learning in Physical Education

- 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"

- 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 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.

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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.

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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

Why is PE important?

- 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?