



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/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
Step Ups

Can you focus, concentrating on the step?

The Physical Challenge
How many times can you step up and down a step in 60 seconds?
You must step up and down with one foot at a time.
No jumping!

#StayHomeStayActive



Equipment
A step
If you do not have a step us a foot pouffe or a stool.

Achieve Gold 
70 Step Ups

Achieve Silver 
45 Step Ups

Achieve Bronze 
30 Step Ups

60 Second Challenge
Tuck In Tuck Out

Do you keep trying even when you want to give up?

The Physical Challenge
How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?
Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Equipment
A bench or a step
If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold 
15 tuck in tuck outs

Achieve Silver 
10 tuck in tuck outs

Achieve Bronze 
5 tuck in tuck outs

60 Second Challenge
Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge
How many times can you dribble a ball around a marker and back in 60 seconds?
Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

#StayHomeStayActive



Equipment
A ball and two markers
If you do not have a ball how many times can you run around the marker and back?

Achieve Gold 
24 dribbles around the marker and back

Achieve Silver 
18 dribbles around the marker and back

Achieve Bronze 
12 dribbles around the marker and back

Learning Task 3 - Physical Education

Benefits of PE?

- What are the benefits of taking part in PE?
- Design a poster or PowerPoint with what you think are the benefits of PE.
- Physical benefits and mental benefits.

Extension

- List all of the ways that you stay active at home.