



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
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 use 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.

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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.

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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.