



Downside in Action



- It is vital to keep active whilst you are off school
- You MUST be active for at least 60 minutes/ 1 hour a day.
- You can choose an activity from the list below or do your own.
- Take photos/videos of your active sessions and upload them onto google classroom. It would be good for everyone to see, and to encourage each other.
- Your PE teachers will be uploading more challenges and videos each week to help keep you motivated, and active.

Keep your body moving!

1 hour walk

1 hour bike ride

Go to a park – run, jog, skip, play for 1 hour

Fitness circuit – make your own or use the resource cards/ videos

Obstacle course in your garden/ house

Walk up and down stairs – 5/10/15/20 times

Shuttle runs – run up and down your garden/ park

What's your name

Using the attached Alphabet/ exercise sheet can you spell your name and complete the exercises for each letter.

How many can you do?

How many squats/ star jumps/ push ups/ sit ups/ lunges/

Skills

- Practice your throwing and catching every day. Use any size ball or balled up socks.
- Gymnastics – we have attached the 8 basic shapes.