

PE Online Option:

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many squats you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many squats you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many squats you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many squats you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many squats you can do in 1 minute. Record your effort each day.</p>
	<p><u>Would You Rather Fitness:</u> https://www.youtube.com/watch?v=G3y5rmqHBgs&t=8s</p>	<p><u>Would You Rather Fitness:</u> https://www.youtube.com/watch?v=-CYt769q0tk</p>	<p><u>Would You Rather Fitness:</u> https://www.youtube.com/watch?v=jAuhWjMRCpg&t=150s</p>	<p><u>Would You Rather Fitness:</u> https://www.youtube.com/watch?v=-CYt769q0tk</p>	<p><u>Would You Rather Fitness:</u> https://www.youtube.com/watch?v=-6QNdtmP4Tw</p>
	<p><u>Just Dance:</u> Choose two of your favourite Just Dance videos from below. https://www.youtube.com/user/justdancegame/videos</p>	<p><u>Just Dance:</u> Choose two of your favourite Just Dance videos from below. https://www.youtube.com/user/justdancegame/videos</p>	<p><u>Just Dance:</u> Choose two of your favourite Just Dance videos from below. https://www.youtube.com/user/justdancegame/videos</p>	<p><u>Just Dance:</u> Choose two of your favourite Just Dance videos from below. https://www.youtube.com/user/justdancegame/videos</p>	<p><u>Just Dance:</u> Choose two of your favourite Just Dance videos from below. https://www.youtube.com/user/justdancegame/videos</p>
	<p><u>Cosmic Kids:</u> Pick one of your favourite cosmic yoga videos. https://www.youtube.com/user/CosmicKidsYoga</p>	<p><u>Smiling Minds:</u> Watch the video below https://www.youtube.com/watch?v=8NB3ihqPQGw</p>	<p><u>Cosmic Kids:</u> Pick one of your favourite cosmic yoga videos. https://www.youtube.com/user/CosmicKidsYoga</p>	<p><u>Smiling minds:</u> Watch the video below. https://www.youtube.com/watch?v=buPuB4Sa0zU</p>	<p><u>Cosmic Kids:</u> Pick one of your favourite cosmic yoga videos. https://www.youtube.com/user/CosmicKidsYoga</p>

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Week 2	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many push ups you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many push ups you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many push ups you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many push ups you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many push ups you can do in 1 minute. Record your effort each day.</p>
	<p><u>Tabata for kids:</u> 20 seconds of rest followed by 10 seconds of recovery. Complete both workouts. https://www.youtube.com/watch?v=YWgH4HSNnLY&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=2</p>	<p><u>Tabata for kids:</u> 20 seconds of rest followed by 10 seconds of recovery. Complete both workouts. https://www.youtube.com/watch?v=8d3hZLk_zKs&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=4</p>	<p><u>Tabata for kids:</u> 20 seconds of rest followed by 10 seconds of recovery. Complete both workouts. https://www.youtube.com/watch?v=fHZht0QzbdA&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=11</p>	<p><u>Tabata for kids:</u> 20 seconds of rest followed by 10 seconds of recovery. Complete both workouts. https://www.youtube.com/watch?v=AXtZMg8OfHM&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=13</p>	<p><u>Tabata for kids:</u> 20 seconds of rest followed by 10 seconds of recovery. Complete both workouts. https://www.youtube.com/watch?v=QY5gmouW3oU&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=15</p>
	<p>https://www.youtube.com/watch?v=vwyDwwDrq7k&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=3</p>	<p>https://www.youtube.com/watch?v=iTom1EM7plc&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=5</p>	<p>https://www.youtube.com/watch?v=FMRhCROM3gg&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=12</p>	<p>https://www.youtube.com/watch?v=pXGrieECjaA&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=14</p>	<p>https://www.youtube.com/watch?v=PB26DLCAjrE&list=PL2nclJnEN-YI3SVKD3uRbfxfBDdxnd6GHm&index=16</p>
	<p><u>Go Noodle.</u> Pick two videos from the channel. https://www.youtube.com/user/GoNoodleGames</p>	<p><u>Go Noodle</u> Pick two videos from the channel. https://www.youtube.com/user/GoNoodleGames</p>	<p><u>Go Noodle</u> Pick two videos from the channel. https://www.youtube.com/user/GoNoodleGames</p>	<p><u>Go Noodle</u> Pick two videos from the channel. https://www.youtube.com/user/GoNoodleGames</p>	<p><u>Go Noodle</u> Pick two videos from the channel. https://www.youtube.com/user/GoNoodleGames</p>
<p><u>Mindfulness:</u> Watch the video below.</p>	<p><u>Stretching:</u> Watch the video below</p>	<p><u>Mindfulness:</u> Watch the video below.</p>	<p><u>Stretching:</u> Watch the video below.</p>	<p><u>Mindfulness:</u> Watch the video below.</p>	

<https://www.youtube.com/watch?v=O29e4rRMrV4>

https://www.youtube.com/watch?v=56_8aK3cLEA

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

<https://www.youtube.com/watch?v=xELqfiXSw-s>

https://www.youtube.com/watch?v=rC0m_-HQcRU

Additional Options: Bring sally up, bring sally down- videos on YouTube targeting different muscle groups.

- Monday: <https://www.youtube.com/watch?v=bql6sIU2A7k> Squats
- Tuesday: <https://www.youtube.com/watch?v=Q9cnrvL4Apc> Leg raises
- Wednesday: <https://www.youtube.com/watch?v=aurfJ4miHTO> Push ups
- Thursday: <https://www.youtube.com/watch?v=8a-HGHgXhe8> Burpee
- Friday: <https://www.youtube.com/watch?v=rULLHE41U+M> Lunges

PE activities: Offline Option

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many jumping jacks you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many jumping jacks you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many jumping jacks you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many jumping jacks you can do in 1 minute. Record your effort each day.</p>	<p><u>Daily Fitness Challenge:</u> Time yourself to see how many jumping jacks you can do in 1 minute. Record your effort each day.</p>
W E E K 1	<p><u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house.</p>	<p><u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house.</p>	<p><u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house.</p>	<p><u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house.</p>	<p><u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house.</p>
	<p><i>Arms straight:</i> Stand shoulder width apart with hold arms straight out. Hold this position for as long as possible without letting arms bend.</p>	<p><i>Plank:</i> Ensure back is straight and elbows are placed on the ground, shoulder width apart. <i>Challenge?</i> Move from elbows to hands, and back and forth.</p>	<p><i>Arm challenge:</i> Hold a pencil or pen out in front of you, with arms straight. Try not to drop your arms.</p>	<p><i>Clapping:</i> Students stand shoulder width apart and raise arms above their head. On go, students will start clapping with their arms remaining straight.</p>	<p><i>Leg raise:</i> Students lie on their back and raise their legs as straight as possible. Students must keep their legs up as long as possible.</p>
	<p><i>Arm circles:</i> Students stand shoulder width apart with arms straight out. On go, students will make little arm circles rotating their arms.</p>	<p><i>Wall squat:</i> Ensure back is on the wall and position is 90</p>	<p><i>Arm air punches:</i> Shoulder width apart, students will punch the air in a forward action.</p>	<p><i>Wall:</i> Stand far enough away from the wall so only your fingertips are touching. On go, students will keep their arms</p>	<p><i>Upper roller tumbles:</i> Students stand shoulder width apart and raise their arms</p>

		degrees. Challenge? Lower position.		straight and hold that position, touching the wall.	above their head. Students will do tumbles with their hands.
<u>Balloon tennis:</u> Find a small space and inflate a balloon. See how many times you can hit the balloon to yourself. Challenge? Only one hand, one eye, one leg, clap once? Play for at least 5 minutes.	<u>Paper scissors rock:</u> If you win = dance for 30 seconds If you tie= walk like a crab for 30 seconds If you lose- do 10 sit ups Suggestions: Play multiple rounds or make up your own game	<u>Balloon Maze:</u> Using a balloon, see how long it takes you to hit a balloon around the house. Attempt at least 2 times to compare times.		Ride your bike or scooter outside for 10 minutes	<u>Balloon tennis:</u> In a small space use a balloon and a partner to play tennis. Students will verse each other to reach 20 points. Use a line for the net. Challenge? Create a round robin tournament, use one arm, play on your knees. Play for at least 5 minutes.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<u>Daily Fitness Challenge:</u> Time yourself to see how many lunges you can do in 1 minute. Record your effort each day.	<u>Daily Fitness Challenge:</u> Time yourself to see how many lunges you can do in 1 minute. Record your effort each day.	<u>Daily Fitness Challenge:</u> Time yourself to see how many lunges you can do in 1 minute. Record your effort each day.	<u>Daily Fitness Challenge:</u> Time yourself to see how many lunges you can do in 1 minute. Record your effort each day.	<u>Daily Fitness Challenge:</u> Time yourself to see how many lunges you can do in 1 minute. Record your effort each day.
W e e k	<u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house. <i>Foot hang:</i> Hold your leg out straight in front of you.	<u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house.	<u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house. <i>Partner Leg raise:</i> With a partner, elevate legs together so both feet are	<u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house. <i>Mountain climbers:</i>	<u>Fitness Challenge:</u> See how long you can last completing the following. Time yourself and challenge someone in your house.

Leg circles: Hold your leg out straight in front of you and make little circles with legs.

Leg raise: raise leg knee height continuously. One leg only.

Tricep dips: Using a lounge or bench with legs straight out.

touching and legs off the ground.

Clap back and front:
Standing still, students will clap in front of them with arms straight and then clap behind them continuously.

Under leg clap: Standing tall, students will lift one leg and clap under, and then do the same with the other leg continuously.

Darkness balance:
Close your eyes and see how long you can balance. Challenge? One leg.

Object shoulder press: Using a broom or object, students stand tall and will push/press and object above their head continuously.

Create a new 30 second dance for your family to learn and enjoy.

Game Night:
Create a new game that everyone in your family can play. You need to create rules, a name, equipment and be prepared to demonstrate it to your family.

Tic-Tac-Toe
Win= run a victory lap around the house
Lose= 10 sit ups
Draw= paper, scissors rock.

Toss and Catch:
With a partner, practising throwing and catching.
Challenge? clap before catching, catch on your knees, catch with one hand.

Coin Toss. If you don't pick the correct side.
Heads wins- 10 jumping
Tails- high knees for 10 seconds.