

Hi there! I hope you are all looking after yourselves during the break we have from school. It is going to be important during this time for you to keep exercising at home especially as you are not having your usual PE lessons at school. Below, are some challenge cards for exercises you can do at home or in the garden. If possible, try to exercise for 15-30 minutes a day - it will help beat the boredom too!

As well as the things I have listed below, you could just put some of your favourite songs on and dance to those!

I hope you enjoy these and if you find anything else that is enjoyable and good for getting you active at home, let me or your teacher know so we can share it with everyone.

Take care,

Mr Smith 😊

Joe Wicks (AKA The Body Coach) is going to do home PE lessons from 9am - 9:30am live every day on his YouTube channel - don't worry if you don't get on at 9, you can replay the video. Search The Body Coach TV on YouTube to find his channel.

Finally, an organization called the Youth Sport Trust has provided some home learning PE activities as well. I have included 3 on this document. If you enjoy them and would like to try more, visit this website: <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

As always in PE, make sure you are doing things safely: do a warm-up and make sure you have plenty of space. For a warm-up, you could jog on the spot for 1-2 minutes and then do some stretches.

# 60 Second Challenge

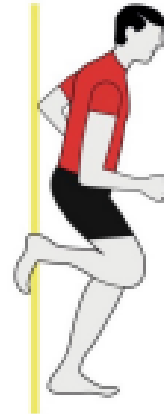
## Super Slalom Run

Can you try  
and run as fast  
as possible?

### The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



**#StayHomeStayActive**

### Equipment

A safe space and  
3 objects.

This activity is best  
played outside,  
where you have  
lots of space.

#### Achieve Gold

20 Slalom Runs



#### Achieve Silver

18 Slalom Runs



#### Achieve Bronze

12 Slalom Runs



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Believing in  
every child's  
future

# 60 Second Challenge

## Air Balloon

Can you keep trying even if you lose a life?

### The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**



### Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

#### Achieve Gold

Lose 0 lives



#### Achieve Silver

Lose 1 life



#### Achieve Bronze

Lose 2 lives

