

## PE Home Learning

**Key Stage 3 and 4. Additional work will be provided for pupils studying GCSE PE from their GCSE PE teacher.**

Pupils should do 2 hours of physical activity per week, in place of their PE lessons. They may choose from the following activities, all of which can be carried out in the home or garden.

### Fitness

Tone your way to a flatter stomach with this abdominal workout plan. Work for 30 seconds or a minute on each activity, depending on your fitness level. Allow 10 seconds rest in between each of the exercises.

Don't forget to warm up first with 2-3 mins of light cardio work and some dynamic stretches.

#### **1. Stomach Crunches**

Lie on your back, knees bent and feet flat on the floor, hip-width apart. Place your hands on your thighs, across your chest or behind your ears.

Slowly curl up towards your knees until your shoulders are about 3 inches off the floor. Hold the position for a few seconds and lower down slowly.



Tips:

Don't tuck your neck into your chest as you rise.

Don't yank your head off the floor

#### **2. Oblique Crunches**

Lie on your back, knees bent and feet flat on the floor, hip-width apart. Roll your knees to one side down to the floor. Place your hands across your chest or behind your ears.

Slowly curl up towards your hips until your shoulders are about 3 inches off the floor. Hold the position for a few seconds and lower down slowly.

Tips:

Don't tuck your neck into your chest as you rise.

Don't yank your head off the floor.

#### **3. Plank**

Lie on your front propped up on your forearms and toes. Keep your legs straight and hips raised to create a straight and rigid line from head to toe.

Your shoulders should be directly above your elbows. Focus on keeping your abs contracted during the exercise.

Tips:

Don't allow your lower back to sink during the exercise.

You should be looking at the floor.

For an easier version, perform the plank with your knees on the floor.

#### **4. Side Plank**

Lie on your side propped up on an elbow. Your shoulder should be directly above your elbow. Straighten your legs and raise your hips to create a straight and rigid line from head to toe.

Keep your neck long and your shoulders down and away from your ears. Keep your abs contracted during the exercise. Repeat the exercise on the other side.

Tips:

Keep your hips forward during the exercise.

Don't let your lower back sink.

For an easier version, perform the side plank with your knees on the floor

#### **5. Stomach crunches with legs raised**

Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Place your hands across your chest.

Slowly pull your knees into your chest, keeping them bent at 90 degrees, until your buttocks and tailbone come off the floor. Hold the position for a moment and lower down slowly.

Tips:

Don't tuck your neck into your chest as you rise.

Don't use your hands to pull your neck up.

## **Dance**

### **Hip hop dances**

Dance classes you might like to try, levelled at Bronze (easier), Silver (harder) and Gold (hardest)

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

Silver <https://www.youtube.com/watch?v=gz68WH96Lic>

Gold <https://www.youtube.com/watch?v=5Hhv6lYls8>

Hip hop in a small space! <https://www.youtube.com/watch?v=6TW0pwAeTdg>

## **Fitness dance**

All these can be done in a small space and are good for cardio fitness. They also have a backing dancer doing a slightly easier version if they seem too hard. Great for coordination and general dance moves too!

<https://www.youtube.com/watch?v=f6wm2g682JM> - Megan Trainor

<https://www.youtube.com/watch?v=aUcgLz6rOKM> – Lady Gaga

<https://www.youtube.com/watch?v=ISGvHxgKgVc> – Britney

[https://www.youtube.com/watch?v=zxbN\\_r3Xx-w](https://www.youtube.com/watch?v=zxbN_r3Xx-w) – Lizzo

## **Football Activities**

For the following challenges you will need a football (or any type of ball you have at home), plus some markers (cones/jumper/sticks!). Check what each challenge requires before starting and gather your equipment!

Before doing each challenge, do a quick warm up – some jogging on the spot, high knees, heel flicks etc plus some stretches to make sure your body is warmed up and ready to go. Then practice each challenge for 10-15 minutes to get the hang of it! Each challenge is labelled Bronze, Silver, Gold – they gradually get harder so choose the level you are confident with and you can choose different levels for each challenge.

Next, get someone to time you and see if you can count how many you do. Have a go at beating this score or try a harder level.

### **Challenge 1 : Fast Feet**

Place the ball in between your feet, with your legs shoulder width apart

Slightly bend your knees

B – Slowly Knock the ball in between your feet as quickly as you can, using the instep

S - Knock the ball in between your feet as quickly as you can, using the instep

G- Knock the ball in between your feet as quickly as you can, using the instep whilst moving forward

### **Challenge 2 : Inside-Outside**

Start with the ball slightly in front of you

B- Play the ball side-wards with the instep of one foot

With the other foot play the ball in the same direction with the outside of the foot

S- Complete B level above and then continue by using the inside of the same foot to pass the ball back in the opposite direction

With the other foot play the ball in the same direction with the outside of the foot

Use the inside of the same foot and continue the exercise

G- Carry out the drill whilst running

### **Challenge 3 : Toe taps.**

B – Start with the ball on the floor in front of you. Tap your right foot on top of the ball and then swap to tap your left foot on top of the ball. Continue to alternate.

S- Speed up your toe taps.

G – Speed it up again so that you are ‘jumping’ into your toe taps.

#### **Challenge 4 : Wall ball.**

B- Stand 2m away from the wall and using your dominate foot, pass the ball back and forth against the wall

S- Repeat as above but move to 3 m away

G – Repeat as above, but alternate using left and right foot.

#### **Challenge 5 : Keepy Uppys**

B- Throw ball up, use your foot or knee to play the ball into the air catch ball and start again.

S – Throw ball up, play the ball into the air twice with your knees/feet and then catch.

G – Continuous keepy uppys – see how many you can do in a row. Catch and start again.

#### **Challenge 6 – Basic dribbles**

B – Dribble the ball as fast as you can to a cone/line/marker 6m away

S- As in B level, but use both feet to alternate dribble

G – Put three markers to go in and out of as you cover the distance as above.

### **Tennis Challenges**

For the following challenges you will need a tennis racket. If you do not have a tennis racket you can use a saucepan, cricket bat, hockey stick or another type of bat. You will also need a tennis ball however if you don't have a tennis ball then another small soft ball will do. On some challenges you will need a cone or marker you can use anything you have handy for this. Check what each challenge requires before starting and gather your equipment.

Before each challenge do a quick warm up - some jogging on the spot, high knees, heel flicks etc plus some stretches to make sure your body is warmed up and ready to go. Then practice each challenge for 10-15 minutes to get the hang of it! Each challenge is labelled Bronze, Silver, Gold – they gradually get harder so choose the level you are confident with and you can choose different levels for each challenge.

#### **Challenge 1 – 100 volley challenge**

Many of you may have seen Andy Murray has realised a 100 Volley challenge. Between you and a partner you have to reach 100 volleys in a row without the ball touching the floor. If the ball does fall on the floor then you have to start again from zero. There are some ideas if you follow this link.

<https://www.youtube.com/watch?v=geoot3WN8Bc>

B – If you want some practice then start against the wall as it is easier to control. To start with aim for 25 volleys in a row.

S – Try to aim for 50 volleys either against the wall or with a partner.

G – Try to aim for 100 volleys. If you want to push yourself move further away from your partner.

### **Challenge 2 – Keepy Uppies**

‘Hitting the ball up on your racket. Try and see how many you can do in a minute without the ball dropping on the floor.

B – Hit the ball up on one side of your racket. Try to get the ball to bounce in the middle. If you are finding it hard to control the bounce then move the racket closer to you.

S – Now try alternate sides of your racket also known as fish and chips for you tennis fans! As you hit it up twist your racket to use the other side.

G – Strings, strings, frame. Alternate sides of your racket and then try to bounce it on the side frame of the racket.

### **Challenge 3 - ‘Basketball’**

Hitting the ball down towards the ground using the palm of your hand. Challenge yourself and see how many you can do in a minute after having a practice.

B – Start with one ball and use one hand to hit the ball on the floor. Once you have practiced with one hand change over use the other hand.

S – Use alternative hands to hit the ball towards the floor.

G – Try using one ball in each hand hitting the simultaneously at the floor.

### **Challenge 4 – Wall Ball**

Throwing a ball underarm at the wall and try to catch it. Challenge yourself by standing further away from the wall you are using. Time yourself and see how many you can do in a minute.

B – Using one ball. Throw the ball underarm at the wall and catch the ball with two hands.

S – Throw the ball at the wall using alternate hands and try to and catch the ball with one hand.

G – Using two balls. Throw them both at the wall and try and catch them before they bounce on the floor.

### **Challenge 5 – Target Practice**

Use an empty bin, cardboard box, small plastic box, a big bowl or anything that you can use as a target.

B – Standing 2 metres away from your target. Throw the ball underarm and try to hit the target.

S – Standing 5 metres away from your target. Throw the ball underarm and try to hit the target. If you want to use a racket then you can feed the ball to yourself and try to hit the target. If you have an empty box or bin see if you can get the ball in.

G – Standing 10 metres away from your target. Throw the ball underarm and try and hit the target. Use your racket feed the ball to yourself and try to either hit the target or get the ball in the target. Try and set yourself a challenge and see how many you can get in out of 10 tries.

### **Challenge 6 – Footwork and reaction time**

With your partner stand 2 metres apart, one person as the feeder, and one person as the worker. Use a cone to mark where the worker starts and stand in the ready position. The feeder is going to throw the ball either to the left or to the right and the worker is going to try and catch the ball on one bounce or no bounce. Once you have caught the ball – throw it back to the feeder and return to your marker in the ready position. Once you have practiced you could see how many you can do in one minute.

B – Stand two metres apart and throw the ball from left to right close to the worker.

S – Stand two metres apart from one another. The feeder can vary the feeds from left to right and in front and behind and start to throw them further from the worker.

G – Standing three metres apart from one another. Still varying feeds and throwing further from the worker. You can also add high and low feeds.

### **Challenge 7 – Hand Tennis**

Creating a net using anything you can find, you can use chairs, jumpers tied together or a washing line. Using the palm of your hand try and have a rally with your partner. If you are using a wall as your partner you can create an imaginary line on the wall as your net. Try and count how many you get to in your rally.

B – With both of you standing either side of the net. Try to have a rally using the palm of your hand. You can let the ball bounce and try to control it as it goes over.

S – Try to both take a couple of steps back from the net so you are standing further away from one another.

G – Standing even further back from the net continue trying to have a rally with your hand. You could now introduce a racket and have a go at having a rally with your partner. See how many you can do in a row.

## **Netball Activities**

For the following challenges you will need a netball (or use a football/volleyball, whatever you have at home), plus cones (or tin cans!) and a balloon. Check what each challenge requires before starting and gather your equipment!

Before doing each challenge, do a quick warm up – some jogging on the spot, high knees, heel flicks etc plus some stretches to make sure your body is warmed up and ready to go. Then practice each challenge for 10-15 minutes to get the hang of it! Each challenge is labelled Bronze, Silver, Gold – they gradually get harder so choose the level you are confident with and you can choose different levels for each challenge.

Next, get someone to time you and see if you can count how many you do. Have a go at beating this score in a future session or try a harder level.

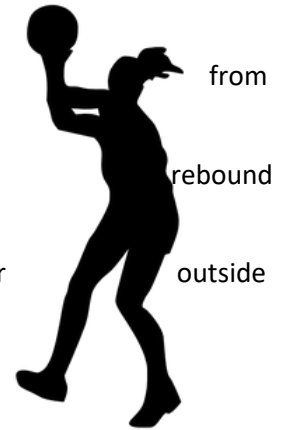
## Challenge 1

### **Complete for 1 min**

B - Throw the ball against a wall catch it again without moving your feet roughly 2ms the wall and repeat.

S – Throw the ball against the wall from around 5ms away then drive in to receive the off the wall landing with correct footwork.

G- Throw the ball diagonally at the wall and then move to receive the ball landing on your foot. Repeat on the other side.



## Challenge 2

### **How many can you do of each in 1min**

B- Legs shoulder width apart, bounce the ball between your legs and catch switching your hands over each time

S- Same as above but do not bounce the ball (close your eyes to make it harder)

G- Bounce the ball between your legs and catch it behind your back then repeat by bouncing the ball again and catching it in front of your body

## Challenge 3

### **Sit down challenge**

B- Sit on a chair and bounce the ball behind your feet catching 1 handed and pushing it back down again to bounce back the other way. Repeat for as many as you can complete.

S- Roll the ball side to side lifting one foot off the ground by bringing your foot backwards the ball should roll just after your leg swings back. Alternate your legs as you roll the ball side to side.

G- Now try the above bouncing the ball it will be quicker therefore it will bounce one way as your leg swings back then back as your leg swings forwards. Repeat on both legs continuously.

## Challenge 4

### **Round the clock**

B- Using your dominant hand with your elbow at 90degrees bounce the ball as quick as you can against a wall for as long as you can keeping the speed up.

S- Use your non-dominant hand.

G- Bounce the ball from 12o'clock to 3o'clock using both your dominant and non-dominant hand keeping the speed up as you do it.

## Challenge 5

### **Balloon keepie uppie**

B- Set 3 cones or something else as a marker in a triangle about 1m apart. Toss the balloon up in the air from the front marker then shuffle to touch another cone then back to the front cone to keep the balloon up in the air then move to the next cone and repeat until the balloon drops.

S- Make the area bigger and repeat.

G- You must now shuffle around the cones moving backwards and then drive forwards to the front cone/marker to keep the balloon in the air. You can make this easier and harder by the size of the triangle.

### **Challenge 6**

#### **Zig Zag**

B- Set up 4 cones/markers in a zig zag formation. Drive towards the cone then push off your outside leg and sprint to the next cone. Changing direction at speed and under control showing good agility.

S- Drive to the first cone then jump high in the air off 2 feet land then drive to the next cone and push off your outside foot to sprint to the next cone to jump again. Repeat but start with a drive then a jump to change sides.

G- Add a roll at the cone to change direction to replicate losing your defender. You could mix this up and use some jumps and rolls.

### **Challenge 7**

#### **Fast feet to get round your player**

B- Place a marker on the floor and stand in front of it. Throw the ball in the air then move your feet around the marker and catch the ball after 1 bounce. Change directions.

S- Use a pole of some description and repeat the above. Make sure you remain facing the front at all times and only move your feet. Change directions.

G- Use a chair and do the same thing always remaining facing the front and allowing the ball to only bounce once. You can also add in a static defender using a sibling or parent ensuring you make no contact with them when moving around them.