



# Physical Education

CREATIVE TAKEAWAY PACK

Summer 2020

## PE Summer Term Home Learning Activities.

Enclosed are a number of ideas, activities and challenges for you to complete during the seven weeks of Term 6. Enjoy attempting these whenever you can, whatever your current level of fitness!

The pack includes a 7-week fitness plan and some sports-based activities for netball, dance, football and tennis.

Many of the activities are divided into 3 levels: Bronze, Silver and Gold (labelled B, S and G). You can try whichever level you are comfortable with and move up or down as needed.

If you have chosen to take GCSE PE next year, we would strongly advise you to follow the fitness plan, to help you achieve the best levels possible in the practical activities you choose for GCSE PE.



### Fitness Activity: 7 Weeks to a Fitter Summer

This is a 7-week plan to strengthen your abdominal muscles. Each workout should take between 7 and 15 minutes so it is really easy to fit into your day. Allow 10 seconds' rest in between each of the exercises. If you can, aim to do this at least 5 times a week, but 3 times a week should be a minimum.

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. Perform 12 stomach crunches in total.



Tips: Don't tuck your neck into your chest as you rise or pull 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. Perform 12 crunches and repeat on the opposite side.

Tips: Don't tuck your neck into your chest as you rise and don't pull 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: For an easier version, perform the plank with your knees on the floor.

Don't allow your lower back to sink during the exercise and keep looking at 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 and 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. Perform 12 crunches in total.

Tips: Don't tuck your neck into your chest as you rise and don't use your hands to pull your neck up.

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See the next pages for the number of repetitions for each exercise.

	Number of Repetitions																				
Exercise	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7		
Difficulty	Bronze	Silver	Gold	B	S	G	B	S	G	B	S	G	B	S	G	B	S	G	B	S	G
<b>Stomach crunches</b>	8	12	16	8	12	16	10	14	18	11	15	20	12	16	22	14	18	24	16	20	26
<b>Oblique Crunches - Left</b>	8	12	16	8	12	16	10	14	18	11	15	20	12	16	22	14	18	24	16	20	26
<b>Oblique Crunches - Right</b>	8	12	16	8	12	16	10	14	18	11	15	20	12	16	22	14	18	24	16	20	26
<b>Plank</b>	10 secs	20 secs	30 secs	10 secs	20 secs	40 secs	15 secs	30 secs	50 secs	20 secs	35 secs	60 secs	30 secs	40 secs	70 secs	40 secs	50 secs	80 secs	45 secs	60 secs	90 secs
<b>Side Plank -Left</b>	10 secs	20 secs	30 secs	10 secs	20 secs	40 secs	15 secs	30 secs	50 secs	20 secs	35 secs	60 secs	30 secs	40 secs	70 secs	40 secs	50 secs	80 secs	45 secs	60 secs	90 secs
<b>Side plank -Right</b>	10 secs	20 secs	30 secs	10 secs	20 secs	40 secs	15 secs	30 secs	50 secs	20 secs	35 secs	60 secs	30 secs	40 secs	70 secs	40 secs	50 secs	80 secs	45 secs	60 secs	90 secs
<b>Stomach crunches, legs raised</b>	8	12	16	8	12	16	10	14	18	11	15	20	12	16	22	14	18	24	16	20	26

## 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 and some stretches to make sure your body is warmed up and ready to go. These might include some jogging on the spot, high knees or heel flicks. Then practise each challenge for 10-15 minutes to get the hang of it! Each challenge is labelled Bronze, Silver, Gold and they gradually get harder, so choose the level you are confident with. 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 minute**

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

S – Throw the ball against the wall from around 5 metres away then drive in to receive the rebound 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 outside foot. Repeat on the other side.



### Challenge 2

#### **How many can you do of each in 1 minute?**

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

S- Do the 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 one-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 whilst bouncing the ball. It will be quicker and therefore it will bounce one way as your leg swings back then the ball will come 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 90 degrees, bounce the ball as quickly as you can against a wall for as long as you can, keeping the speed up.

S- Use your non-dominant hand to do the above.

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 1 metre apart. Toss the balloon up in the air from the front marker, then shuffle over to touch another cone. Come back to the first cone before the balloon drops. Next time, move to the next cone round. How long can you keepie-uppie?

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 adjusting 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 shows good agility.

S- Drive to the first cone then jump high in the air off 2 feet. After landing, 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.

## Dance Activities

### Hip hop dances

Here are some 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](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.

<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

### Dance Technique

TURNS - This video is for total beginners up to advanced dancers – a good run through of lots of different dance turns. [https://www.youtube.com/watch?v=xg\\_nXRHoqkE](https://www.youtube.com/watch?v=xg_nXRHoqkE)

FLEXIBILITY - This is a flexibility technique session. Doing a fitness dance work out is encouraged before you attempt this. You should be fully warmed up.

<https://www.youtube.com/watch?v=VTMitMm14E0>

CONDITIONING

<https://www.youtube.com/watch?v=rA6poTSjbsU>



### **Choreography challenge 1 – GOLD!**

1. Choreograph a dance based on lockdown/social distancing/isolation.
2. Start by splitting up your routine into segments, much like you would if you were to write a story.
3. Chose music that will suit. Something without lyrics might help you tell your story better and makes it less likely that you'll sing along!
4. Decide whether you want to include your brother/sister/parents/carer!?!)
5. Write down your initial ideas. E.g. covering your face, or feeling frustrated and then add movements or gestures that will help portray these ideas.
6. Rehearse your routine until you know it!
7. Ensure you use change of direction, change of levels and change of speeds. Also use different body parts; don't always lead with your arms! Try a hip or a knee, for example.
8. "perform" to your family – get some feedback!

### **Choreography challenge 2 – SILVER!**

1. Pick your favourite dance movie.
  - Try to recreate some of the dance routines from it. Ideas include High School Musical, Dirty Dancing, Step up, Centre Stage, or Save the Last Dance.

### **Choreography challenge 3 – BRONZE!**

1. Have some fun with this uplifting song <https://www.youtube.com/watch?v=Rco1QQShM1Y>
2. Get **everyone** in the household involved.
3. Use the Manchester Associates for inspiration. Use some of their moves in the first part of the video, or have a go at creating your own. Film it and save for the memories!  
<https://www.youtube.com/watch?v=dxj4DaZg3Is>
4. Turn the music up and remember ABSOLUTELY EVERYBODY is in the same boat right now and when life is feeling a little odd, the best thing to do is turn up the music and go for it!!



## **Football 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 and some stretches to make sure your body is warmed up and ready to go. These might include some jogging on the spot, high knees or heel flicks. Then practise each challenge for 10-15 minutes to get the hang of it! Each challenge is labelled Bronze, Silver, Gold and they gradually get harder, so choose the level you are confident with. 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 : 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 sideways 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 : Keepie- Uppie**

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

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

G – Continuous keepie-uppies – 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 6 metres away.

S- Repeat B level above, but use both feet to alternate the dribble.

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

## **Games**

You could also try playing the games below either on your own or with other members of your family:

### **Hallway Football**

What you need: A small football, futsal or just a small plastic ball, plus masking tape. You need at least two players.

How to play: If you don't have access to a garden area or outside space, simply set up goals at the opposite ends of the hallway by placing masking tape on the floor. Try to make the teams as fair as possible, grab a small soft ball, and get playing! This is great for ball control and all-round fitness.

### **Soccer Golf**

What you need: A normal sized football and towels (preferably used, not clean!).

How to play: Lay the towels around your garden or living room, if big enough. Towels can be substituted for other items if you prefer. The aim of the game is to directly land the football on top of the towel with as few kicks, or 'strokes' as possible. The player with the lowest stroke score wins. To make the game harder and truer to real golf, add in bunkers (chairs, lawn chairs) or even water features (a kids' paddling pool). This is great for practising technique and accuracy.

### **Wall Ball**

What you need: A football and a flat vertical surface (like a fence or wall)

How to play: This is simple: kick the ball against the wall and work hard to control it before it flies past you. There are however, variations to the game of Wall Ball:

- Use a different part of your body to control the ball with each return. Start with each foot, followed by your thigh, then knee, then chest, completed by your head.
- Throw the ball to the very top of the wall or fence to practise your ball control or, alternatively, shape up on your volleying technique.
- Get siblings or other family members involved and make it competitive. A point is lost if the ball stops moving during their turn.

This is great for ball control, working your quick reaction muscles.

### **Soccer Tennis**

What you need: A football, a net or something that resembles one (this could be a row of chairs, a piece of rope tied between two chairs, or even a piece of raised wood). This needs at least two players.

How to play: The rules are pretty similar to normal tennis, but with a football instead of a tennis ball and a kicking leg instead of a tennis racket. The ball is only allowed to bounce once and team members are only allowed two touches.

Once you have mastered that, (and after removing breakable items) why not change the rules to no bounces allowed?

This is great for agility and ball control.

### **Soccer Marbles**

What you need: Two footballs and ideally another person.

How to play: This is based on the playground game, with one football taking the place of several marbles. The first player kicks the ball and, once it stops, the second player then kicks theirs, attempting to make contact with it. If the second player succeeds, they get a point. If not, then the first player gets an opportunity to make contact with the second player's ball. For ultimate enjoyment, this game should be played quickly, with very few pauses.

This is good for practising passing skills and shot placement.



## **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 and you can use anything you have handy for this. Check what each challenge requires before starting and gather your equipment.

Before doing each challenge, do a quick warm up and some stretches to make sure your body is warmed up and ready to go. These might include some jogging on the spot, high knees or heel flicks. Then practise each challenge for 10-15 minutes to get the hang of it! Each challenge is labelled Bronze, Silver, Gold and they gradually get harder, so choose the level you are confident with. 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 – 100 volley challenge**

Many of you may have seen that Andy Murray has released 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 practise 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 – Keepie-Uppies**

Hit 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 the sides of your racket and then try to bounce the ball on the side frame of the racket.

### **Challenge 3 - 'Basketball'**

Hit 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 practised with one hand, change over use the other hand.

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

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

#### **Challenge 4 – Wall Ball**

Throw 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 – Use 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 – Use 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 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 to 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 acts as the feeder and the other 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; they can start to throw them further from the worker.

G – Standing three metres apart from one another, vary feeds and start throwing further from the worker.

#### **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 a rally with your partner. See how many you can do in a row.

## **Extension Activities and Longer Challenges:**

### **Virtual Berkshire School Games**

On Monday of each week, the organisers of the Berkshire School Games, 'Get Berkshire Active', release a new set of challenges for Years 7 to 9 to complete virtually. In weeks 1 and 2, Newlands won the Sportshall Athletics and Tennis Competitions with the most Secondary pupils competing!

The general website for the Virtual Berkshire School Games is below. Miss Claxton will send each week's challenge by email, with full instructions. It is up to you whether you wish to take part, but as many of you have already participated during Term 5, this may be something you wish to continue with in Term 6.

<https://getberkshireactive.org/virtual-school-games>

### **'Couch to 5K'**

Couch to 5K is a programme designed to take you from zero running to 5K, usually over 9 weeks. However, this assumes you do no exercise so it is perfectly feasible to start in week 2 or 3 if you already do a small amount of running or have a good base level of fitness. You can also repeat weeks if, for example, you find it difficult or are ill or injured one week.

The Couch to 5K programme is endorsed by BBC Get Inspired, the NHS and Public Health England. You can look up the full programme on the NHS website: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/> or download a tutorial app for free.

**Please only take part in this activity if you are able to leave the house safely to access a place where you run the appropriate distance.**