PE

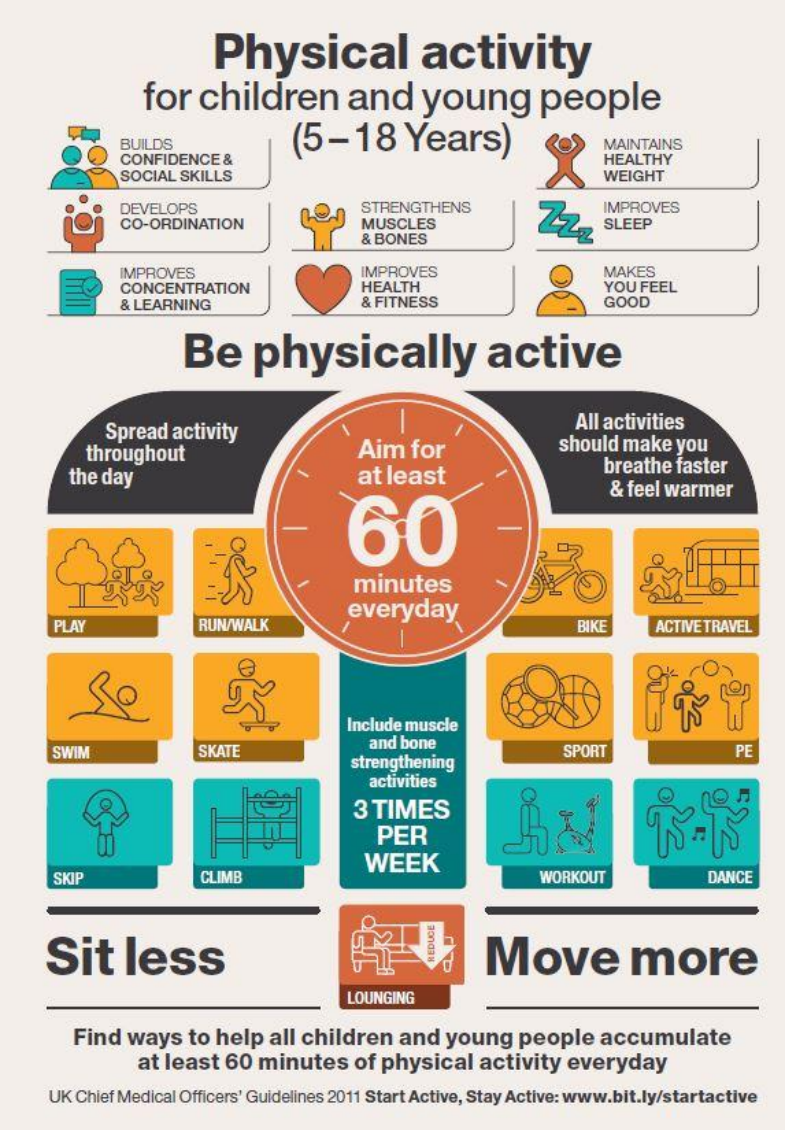
Your aim is to be physically active for 60 minutes in a day. This does not have to be done in one go and can be broken down, for example four 15 minute blocks. Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. You're looking to increase your resting heart rate.

Staying at home will mean you will miss opportunities to be active for example:

- Walking to and from school
- Break time
- Lunchtime
- Movement breaks
- PE lessons
- Clubs

Therefore, it is down to you to make sure that you are physically active for 60 minutes of the day. Physical activity could also involve walking, gardening and cleaning.

On this document is a number of physical activities that you can pick from to make up your 60 minutes a day.



Recommendations

In the following weeks I will be giving out options involving a tennis ball and a skipping rope.
If you can, please purchase these items.

Option 1

Boxing

https://www.youtube.com/watch?v=pWLEkO0MlXs

https://www.youtube.com/watch?v=xSUXMwqZ3z0

BOXERCISE

Option 2

Just Dance

https://www.youtube.com/watch?v=dovTbPkyQO4

https://www.youtube.com/watch?v=8-9Sm6_yE98

https://www.youtube.com/watch?v=6h5LieoWoa4

https://www.youtube.com/watch?v=4DcGBE-F9hk

https://www.youtube.com/watch?v=a1zQ1xOjZnk&list=RD4DcGBE-F9hk&index=2

https://www.youtube.com/watch?v=xo4o2Dol-es&list=RD4DcGBE-F9hk&index=24

https://www.youtube.com/watch?v=dRmPbmmPp6k&list=RD4DcGBE-F9hk&index=35

Option 3

HIIT Workouts

Joe wicks will also be doing a live workout at 9am starting on Monday.

https://www.youtube.com/watch?v=fHfTCd2q-rg

https://www.youtube.com/watch?v=Hr-p7TikhPI

https://www.youtube.com/watch?v=bSXr6V9q6rM

Option 3

Mr. Pashley's Circuit

Circuit One

Before you start, familiarise yourself with each exercise.

30 seconds work – 30 seconds rest. Move onto the next activity once you have completed the previous.

Warm up

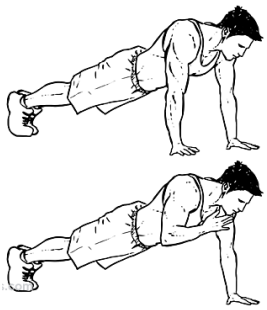
Jogging on the spot for 30 seconds followed by star jumps for 30 seconds. Rest for 30 seconds and then repeat.

1. Sit ups

2. Burpees

3. Wall sit

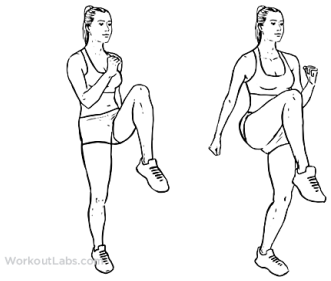
4. Shoulder taps



5. Squats

6. Plank

7. Jogging on the spot



8. Press ups

Two options

9. Lunges

10. Mountain climbers

Repeat- Can you try 40 seconds work and 20 seconds rest?

Option 4

The staircase killer

Warm up

Walk up the stairs and back down 3 times

1. Run up walk down x 5
2. Two footed jump on each step walk down x 5
3. Two footed jump on every other step x 5
4. Hop left leg on every step x 5
5. Hope right leg on every step x 5
6. Run up walk down x 5

Want a challenge?

On step 3 see if you can jump more than two!

Time yourself on how quickly you can complete it and try and beat your score the following day!