

PE Home Learning Grid

Stage:	Second	Physical Education	
<p>Challenge Yourself</p> <p>Can you create your own PE challenge? Think about something that you find tricky in PE. Can you come up with a way to practise it at home?</p>	<p>Juggling</p> <p>Can you learn how to juggle? Some balled up socks, a growth mindset and determination is needed for this task! Click on the link below to a juggling tutorial.</p> <p>Juggling</p> <p>Come back to this task every day for the best results.</p>	<p>Dance</p> <p>Can you dance along to these famous songs with Kids Bop? Search Kids Bop Dance Along on Youtube or click a link below.</p> <p>Dance Monkey Just Got Paid Old Town Road</p>	<p>Fitness</p> <p>Can you create your own 10 minute fitness challenge?</p> <p>Things to think about are: What exercises will you do? How many will you do? Can someone in your house help you?</p>
<p>Yoga</p> <p>Complete a Cosmic Kids Yoga video. Can you do all of the body movements exactly like the presenter? Search Cosmic Kids on Youtube or click on a link below.</p> <p>Harry Potter Yoga Star Wars Yoga Pokemon Yoga</p>	<p>Fitness</p> <p>Joe Wicks is hosting a LIVE PE Lesson every morning at 9pm on his YouTube Channel. Search for Joe Wicks on YouTube or click the link above.</p> <p>Can you keep up with him? Make sure you have some water ready!</p>	<p>Running</p> <p>If you have a garden, could you teach some your family one of our PE games?</p> <ul style="list-style-type: none"> -Banana Tig -Toliet Tig - Dance Tig 	<p>Stamina</p> <p>Can you cycle, scoot or run without stopping for 15+ minutes?</p> <p>Keep a record of how long you were able to move for. Can you increase the time tomorrow?</p>
<p>Dance</p> <p>Create your own dance routine to your favourite song. Research different dance moves that you could use. Once you have completed the dance, you could perform it or teach it to other people in your house.</p>	<p>Throwing Game Challenge</p> <p>Can you create a game that is based around throwing at targets?</p>	<p>Catching Game Challenge</p> <p>Can you create a game that is based on catching?</p>	<p>Beep Test</p> <p>If you loved it then you could do the test again in your garden. Ask an adult to download a free beep test app, set up an area then run!</p> <p>Don't forget to record your score.</p>
Grid From:		Grid To:	