

PE ideas for home learning;

Play red light green light

Choose a start and finish line. One person to be the traffic light caller. When they shout green light everyone can move. When they shout red light everyone must stop. First person to cross the finish line wins.

Deck of cards workout

Assign each shape a different move. For example, hearts could be running on the spot, diamonds star jumps etc. take turns flipping over the cards in the pack. Whatever card you flip over will tell you which activity to do and for how long. If you pulled out the 4 of hearts it would be running on the spot for 4 seconds. If you pulled out 10 of diamonds it would be 10 star-jumps.

Youtube dancing

Learn your favourite dance routine by watching videos on youtube, or create your own to your favourite songs and teach someone else in your house how to do it.

Balloon toss

Throw a balloon in the air and do not let it hit the floor – how long can you keep it up for? Use your hands, feet, head e.t.c

Obstacle course

Choose some items from around the house, with your parent's permission, and create your very own obstacle course. This could be jumping over pillow mountains or stepping in and out of the washing basket. Be creative and then draw your obstacle course as a map once you have finished.

Fitness bingo

Create your own bingo game – a call card with lots of different activities and bingo cards with 6 activities on. When the bingo caller calls out an activity on your card, you have to do the activity, e.g. 10 star jumps, before you can cross it off.

Don't forget you can also use the PE websites and online learning. Jow Wicks youtube PE daily, cosmic kids yoga, Oti Mabuse dance workshops online etc. Enjoy yourselves and stay healthy!