**KS2 PE Home Learning**  

**Week 1: Home Heroes**

This week we will be completing physical exercises activities around ‘Our Home Heroes’. This could be mums, dads, grandparents, sisters or anyone else who is looking after us right now. They are working extremely hard to keep you happy and safe. They are our heroes!

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| **Activity 1:** | **Activity 2:** |
| Going for a walk with your guardian.  Note to guardians: Make sure that you are supervised by an adult. This walk can be part of your daily exercise if leaving home. | Yoga.  Watch the YouTube Yoga video and copy the stretches and movements. Can you follow the instructions in the video? Give it a go!  Follow link:  <https://www.youtube.com/watch?v=X655B4ISakg>  Note to guardians: This can be completed with guardians in your home or you can take part with your grandparents using zoom. You could encourage the children to stay engaged. |
| **Activity 3:** | **Activity 4:** |
| PE with Joe Wicks.  Watch the YouTube video and follow the instructions. During this session he does a range of exercises that will keep us active and healthy. Can you follow the instructions in the video? Give it a go!  Follow the link:  <https://www.youtube.com/watch?v=QGYXh_G8X6A>  Note to guardians: This can be completed with your guardians or you can take part with your grandparents using zoom. You could encourage the children to stay motivated. | Riding a bike.  Go for a bike ride. Make sure that you are wearing protective clothing, including a helmet. (include a picture of a bike)  Y:\2019-2020\1. Primary Department\3. KS2\Classes\Brazil\AOB\5. Tom\electra-commute-mips-bike-helmet-344165-13.jpg Y:\2019-2020\1. Primary Department\3. KS2\Classes\Brazil\AOB\5. Tom\5997163_R_Z001A.jpg  Note to guardians: Children must be supervised by their guardian at all times. |
| **Activity 5:** | **Activity 6:** |
| Going to the park.  You can link this activity with activity 1, walking to the park with your guardian. When at the park you can play games such as football, frisbee, tennis, throwing and catching a ball. You can go for a walk or ride your bike. There are so many activities you could do. Can you give some of these games a go?  Note to guardians: Make sure children are supervised at all times. Ensure that the walk is part of daily exercise if leaving your home.  Add pictures. | Charades.  Make an activity jar. Within this jar, you can write down different actions you can act to your guardian at home or through zoom to your grandparents. Activities include, brushing teeth, dancing, swimming and even act out animals such as, a chumping like a crocodile, prancing around like chicken, stomping like an elephant, and slither like a snake. Can you give this a go?  Note to guardians: Guardians are to encourage children to think some of their own actions to write down and put in the jar. |