



KS2 PE Home Learning

Week 2: Medicine Heroes

This week we will be completing physical exercises activities around 'Our Medicine Heroes'. This could be Nurses, Doctors, Paramedics, and Health Care Assistants who are all working extremely hard and doing a fantastic job to keep you healthy and safe. They are our medicine heroes!

<p>Activity 1:</p> <p>Doctor Simon Says.</p> <p>Doctor Simon says. With your partner, take turns in who is Doctor Simon. The person playing Doctor Simon must tell his patient (the other partner) what to do. Doctor Simon must name different parts of the body then a movement. For example, the person playing Doctor Simon, must say "Doctor Simon says wiggle your arm", the other person must copy. If the person doesn't say "Doctor Simon" but then the other partner still copies then it's a point to the person playing Doctor Simon.</p> <p>Note to Parents/ Guardians: Encourage the children to listen carefully to the instructions when playing Doctor Simon.</p>	<p>Activity 2:</p> <p>Role play with different medicine heroes, including doctors, nurses and paramedics.</p> <p>You can find the actions cards labelled 'Doctor's Surgery Role Play' and Paramedic's Role Play' website, week commencing 04.05.2020 and then PE.</p> <p>Note to Parents/ Guardians: Encourage the children to follow the action cards and to think of their own actions.</p>
<p>Activity 3:</p> <p>Check the pulse.</p> <p>Can you check your pulse before and after exercise? Make sure that you write down your readings and then you will see the difference. Activities you could do; 'Home Challenges' and Joe Wicks</p> <p>Link for Joe Wicks: https://www.youtube.com/watch?v=4OT0feX8ld8</p>	<p>Activity 4:</p> <p>Bandage game.</p> <p>In turns, each partner must wrap their other partner up in toilet paper. The person with the quickest time WINS!</p> <p>Note to Parents/ Guardians: Parents are to encourage children to be independent.</p>

You can find "Home Challenges" on website, week commencing 04.05.2020 and then PE.

Look at the diagram to see where you can check your pulse:

