

WHFCS PE KS1 PE

Summer term-

Throwing

Warm up - PE with Joe wicks morning workout

Every morning Monday – Friday at 9.00am Joe Wicks is going to do a workout for all ages of children from 09.00am-09.30am on his YouTube channel, more workouts can be found upon his channel –

The body coach

https://www.youtube.com/results?search_query=the+body+coach&safe=true

Underarm throw -



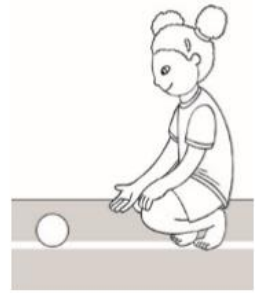
The correct technique for underarm throw –

1. Stand facing the direction of the throw.
2. Hold the object in throwing hand.
3. Step forwards with the opposite foot to throwing arm.
4. Swing the throwing arm backwards and then forwards.
5. keeping it extended and relaxed, Release the ball in front of the body at approximately hip height.
6. Follow through in the direction of throw, with the throwing hand pointing to target.

For all the throwing activities if you have a ball you can use it or alternatively if you have a bean bag. If you haven't got either of these you can use socks rolled up into a ball, a sponge or a piece of clothing rolled up into a ball shape.



Task 1 - Try rolling objects in different direction along the ground. Crouch down and bend your knees. Watch where you want the object to go and give it a gentle shove from behind, can you keep up with your object?



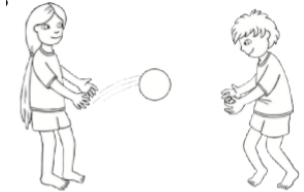
Task 2 –

You could try different size balls screwed up paper, soft toys, keep your eye on the ball and have your hands cupped together to catch it . How high could you throw it and catch it?



Task 3 –

Practise throwing and catching with a family member, aim for the W sign so you know they want the ball. Stand close together and move further away as our throwing becomes more accurate.



Task 4 –

Practise throwing different objects against a wall or a door using the underarm technique, aim for a target. If you find it easy add more targets to see if you can hit both targets

Sock challenge

To finish this week's lesson I want you all to find a bucket or a bin and challenge someone in your family to the top bin challenge. You need 10 pairs of socks and a timer; the challenge is to see who can get 10 pairs of socks in the bucket or bin from 2 metres away the fastest. When we all return, I would like to know who won and what was your fastest score. Good luck!!

Cool down –

Find a space indoors or outdoors, for your cool down this week we are gradually going to start of sprinting then reducing the speed. We start of on 10 sprinting on the spot, and slowly get slower by 5 we should be jogging then by 1 we should be walking on the spot.

