

WHFCS KS1 PE – Summer 2

Rugby

Warm up –

For your warm up you will need a helper to play music, whilst the music is playing your helper will call out video instructions, once these instructions are called out you complete the instruction.

8. Pirate Ship

'Climb the rigging' - mime climbing

'Captain's Aboard' - stand straight, salute

'Scrub the Decks' - mime scrubbing the floor

'Man Over Board' - mime swimming

'Dead Man's Chest' - mime digging

'Walk the Plank' - walk heel to toe



SGO School games challenge

There are school games challenges, which you can, attempt at home. You, can access this on - <https://www.sgochallenge.com/> and ask your parent to register.

Each School Games area has a unique code for registering. Our unique area code for registering is 'shenley'. If you are unsure on how to complete the form then please call the school and Mr Jones will help. The challenges that are set are weekly challenges and end on the Sunday of each week. Following the completion of a challenge week, the top five in each year group for each challenge will be emailed a School Games virtual badge.

Rugby challenges

Same pass every time

Grab a ball (any size or shape), pair of socks, toilet roll or rolled up paper. Find a safe space with plenty of room around you. Start with your ball / socks / toilet roll / paper in two hands and throw it up in to the air as straight as possible. As your ball / socks / toilet roll / paper comes back down towards you try to catch and see how many times you can catch in 20 seconds.



Around the world

1. Grab a ball (any size or shape), pair of socks, toilet roll or rolled up paper. If you have a rugby ball or American football that is even better, but it's not essential.
2. Start with your ball / socks / toilet roll / paper in both hands.
3. Set a timer for **30 seconds**.
4. Start your timer.
5. Pass the ball through the legs in a figure of 8 before then passing it around your whole body. This counts as one loop.
7. If you drop your ball / socks / toilet roll / paper, start by passing through the legs again and continue counting from the last full loop completed.
8. How many full loops can you complete in **30 seconds**?



Cool down –

Stretches

Hold a stretch for a count of 10, breathing in and out slowly.



30 PE Cool Downs - Stretches

Legs

Stretch the right leg in front with the heel on the ground, bend the left leg for balance and bend forward from the hip to stretch out the hamstring and calf. Repeat for the left leg.

30 PE Cool Downs - Stretches

Legs

Stand with legs just wider than hip width apart. Bend from the hip, keeping back flat and legs straight, aiming to touch right foot, left foot then floor in the centre. Relax the head and neck allowing the weight of the head to increase the stretch.



30 PE Cool Downs - Stretches

Arms

Stretch right arm across the front of the body pushing it just above the elbow with the left hand towards the body to increase the stretch. Turn head to look over right shoulder. Repeat for left arm.

30 PE Cool Downs - Stretches

Arms

Clasp hands in front of body then turn hands upside down and stretch arms above the head pushing the palms up towards the sky.

