

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 videos can be found on his YouTube channel – **The body coach**

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

Personal Challenges –

The personal challenge will involve you doing activities without stopping .Then repeating this every day to improve your technique.

Fitness Circuit Cards

Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



Fitness Circuit Cards

Tuck jumps

Do 10 tuck jumps:

- How high can you jump?
- Can you jump higher than your buddy?
- How many tuck jumps can you do without stopping?



Fitness Circuit Cards

Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



Fitness Circuit Cards

Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



Fitness Circuit Cards

Ski Jumps

Do 20 ski jumps:

- You can jump on the spot or travel forward.
- Can you travel backwards?
- What happens if you ski jump using your arms to propel you?
- What happens if you **don't** use your arms?

Fitness Circuit Cards

Line Jumps

Face a line and jump forwards and backwards over the line:

- What happens if you jump using your arms to propel you?
- What happens if you **don't** use your arms?
- How many jumps can you do in a minute?



WHFCS Nursery PE

PE Challenges

Do one of this daily.

20 Jumping Jacks
10 Frog Jumps
5 Donkey Kicks on each leg
1 Pushup

20 Frog Jumps
10 Donkey Kicks on each leg
5 Jumping Jacks
2 Pushups

20 Donkey Kicks on each leg
10 Jumping Jacks
5 Frog Jumps
3 Pushups



Broad beans
Stand with legs apart
and arms out to the side.



Stick beans
Stand tall with
arms at sides.



Baked beans
Sit down with feet
off the ground.



Runner beans
Run around.



Jumping beans
Jump.



Frozen beans
Freeze (stay still)



Chilli beans
Shiver.



Jelly beans
Wobble.



Magic beans
Run around (avoid
getting caught)

