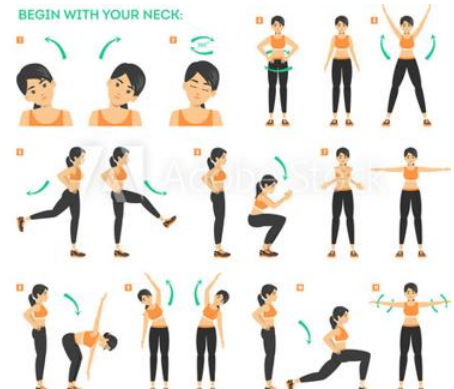


## Gymnastics

### Warm up -

I would like you to do a warm up then stretch using the stretches which are provided, I would like you to do five sets of each –

1. Sprinting on spot for 10 seconds
2. 10 jumping jacks
3. 10 press-ups
4. 10 sit-ups



### 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.

### Balances

Create and practice five different balances of your own which uses all different body parts of your body, be creative as possible. Ensure you can remember them for when you are back at school. Some ideas could include -

1. Right leg balance
2. Left leg balance



## WHFCS KS2 PE- Summer 2

### Point balances –

I would like you to complete balances on your own and with a family member and see what is the highest balance you can get. You can start from one and see how high you can go. For example for one you could balance on one foot, two you could put one hand down and one foot.



### Jumps and leaps-

How many jumps and leaps can you remember and perform , write down 5 jumps and leaps and describe and perform them . See if you can perform 5 jumps without stopping.



### Cool down -

I would like you to do 4 activities working our way down to a slow speed.

- 10- Stars jumps, 10- Jumps ,10 touching the floor, 10 second sprint
- 9- Star jumps , 9 jumps , 9 touching the floor , 9 second sprint
- 8- Star jump , 8 jump , 8 touching the floor , 8 second sprint.
- 7- Star jump , 7 jump , 7 touching the floor , 7 second sprint.
- 6- Star jump , 6 jump , 6 touching the floor , 6 second sprint.
- 5- Stars jumps, 5- Jumps ,5 touching the floor, 5 second sprint
- 4- Star jumps , 4 jumps , 4 touching the floor , 4 second sprint
- 3- Star jump , 3 jump , 3 touching the floor , 3 second sprint.
- 2- Star jump , 2 jump , 2 touching the floor , 2 second sprint.
- 1- Star jump , 1 jump , 1 touching the floor , 1 second sprint

