



WHFCS KS2 PE



WHFCS Half term Active

During half term I've attached some activities which you can do at home to keep you active this week . I would like you to try your best and stay active!

Some of the activities involve being active some involve your writing, attempt to do one each every day.

Make a diary of what you eat, each day, for breakfast, Lunch and Dinner.	See how many lunges you can do in 1 minute.	Create a water safety poster for use at a swimming pool.	See how long you can perform a plank – attempt to beat your score at 5 different parts of the day
How many speed bounces can you do in a minute? Can you increase the amount each day?	Name the 6 School Games Values and explain what they mean	Use the Body Coach videos to copy 2 workouts	Plan your own sports day – which events would you include?
Can you do 10 keepy uppy with a football or ball	List 20 reasons why you think Sport is good for you	What is your favourite sport/activity? Why?	How many star jumps can you do in a 1 minute.
Tell me about any sporting/physical activity you do out of school	Can you sprint on the spot without stopping for 1 minute.	Design a new playground for school You have an unlimited budget.	Design a poster for Sports Day





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Can you spell your first name in exercises -

Year 3 – Easy

Year 4/5- Medium

Year 6 – Hard

If you would like to challenge yourself in year 3/4/5 you can attempt a more difficult level

	EASY	MEDIUM	HARD
A	10 Tuck Jumps	15 Tuck jumps	20 Tuck Jumps
B	10 lunges	15 lunges	20 lunges
C	10 squats	15 squats	20 squats
D	15 big jump	20 big jump	25 big jump
E	30 leg drives	40 leg drives	50 leg drives
F	10 burpees	20 burpees	30 burpees
G	30 windmill	40 windmill	50 windmill
H	20 star jumps	25 star jumps	30 star jumps
I	15 tuck jumps	20 tuck jumps	25 tuck jumps
J	15 lunges	25 lunges	35 lunges
K	50 windmill	75 windmill	100 windmill
L	30 big jump	40 big jump	50 big jump
M	20 burpees	25 burpees	30 burpees
N	40 speed bounce	50 speed bounce	60 speed bounce
O	15 squat jump	20 squat jump	25 squat jump
P	15 squats	25 squats	35 Squats
Q	40 quick feet shuffle	45 quick feet shuffle	50 quick feet shuffle
R	30 skips	40 skips	50 skips
S	20 star jumps	25 star jumps	30 star jumps
T	50 speed bounce	60 speed bounce	70 speed bounce
U	20 tuck jumps	30 tuck jumps	40 tuck jumps
V	20 burpees	30 burpees	40 burpees
W	25 tuck jumps	35 tuck jumps	45 tuck jumps
X	80 speed bounce	90 speed bounce	100 speed bounce
Y	40 spotty dogs	50 spotty dogs	60 spotty dogs
Z	50 leg drives	55 leg drives	60 leg drives

