

# WHFCS KS2 PE- Summer 2

## Rugby

### Warm up –

Set yourself up two lines, 10 metres apart, I would like you to challenge yourself to see how many times you can get between the lines in 30 seconds doing a range of activities. They could include skipping, running, jogging and walking. Think of a range of different ways of travelling.

### 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. If you have a rugby ball or American football that is even better, but it's not essential. 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 ensure you are underneath it and able to catch it with both hands - ideally you don't want to move. Count how many steps you take before catching the ball / socks / toilet roll / paper. You will throw your ball / socks / toilet roll / paper in to the air 5 times. Add up the total number of steps you took over the 5 throws. This is your score for your first go. Try doing the above two more times, and record these scores too.



## Hit the target

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. Find a safe space with plenty of room around you. Set up a target (plastic bottle, soft toy, stack of toilet rolls) on a chair, table, wall or other raised surface. Take 5 steps back from your target. Stand side on to the target, as you would if you were passing towards a team mate in rugby. Using a rugby style "pass", try to use your ball / socks / toilet roll / paper to knock your target over. You have 30 seconds (not 5 attempts as stated in the video) to knock down the target as many times as possible.



## Cool down –

### Upper Back Stretch

- Stand tall, with your feet slightly wider than shoulder-width apart.
- Interlock your fingers, stretch your arms out in front of you with your palms facing upwards.
- Push your hands as far away from your chest as possible.
- Allow your upper back to relax.
- You should feel the stretch between your shoulder blades.
- Hold it for 10 seconds.

### Hamstring Stretch

- Sit on the ground with both legs straight out in front of you.
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg.
- Raise the left leg to lie across on the ground.
- Bend forward keeping the back straight.
- You will feel the stretch in the hamstring of the right leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.

### Quadriceps Stretch

- Stand with your feet shoulder width apart and bring your left foot up towards your back.
- Take hold of the left ankle with the left hand and ease the foot closer to your back.
- Your right arm should be extended out to the side for balance.
- Hold the stretch for 10 seconds.
- Repeat with the right leg.
- You will feel the stretch along the front of the thigh.

### Shoulder Stretch

- Reach the right arm straight out in front of you.
- Bend the left arm and put the left wrist on the back of the right arm, just above the elbow.
- Your left palm will be facing to the side.
- Use the left arm to gently press the right arm towards your body, which, keeping it straight and you feel the stretch in your shoulder.
- Hold it for 10 seconds and then repeat with the other arm.

### Overhead Tricep Stretch

This stretch works the muscles on the back of the upper arm (the triceps).

- Raise the right arm up overhead, with your palm facing in towards your head.
- Bend the elbow so your fingers touch, or reach toward the middle of your upper back.
- Grab the right elbow with the left hand and gently pull it back until you feel the stretch in the right tricep.
- Hold it for 10 seconds and then repeat with the other arm.

### Hip and Thigh Stretch

- Stand tall with your feet approximately four shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and the right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use the arms to balance.
- You will feel the stretch along the front of the left thigh and along the hamstring of the right leg.
- Hold the stretch for 10 seconds.
- Repeat by turning and facing to the left.