

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, on his YouTube channel you can find other workout videos – **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 for 40 seconds without stopping .Then repeating this every day to beat your score. How many can you do?

Week 1 Activities	Days of the week – Score				
	M	T	W	T	F
Jumping jacks					
Frog jumps					

Week 2 Activities	Days of the week – Score				
	M	T	W	T	F
Star Jumps					
Hops					

Week 3 Activities	Days of the week – Score				
Can you last 40 seconds?	M	T	W	T	F
Jogging on the spot					
Skipping on the spot					

Week 4 Activities	Days of the week – Score				
	M	T	W	T	F
March on the spot					
Jump on the spot					

Useful links for active activities –

Cosmic kids - <https://www.cosmickids.com>

Just dance kids -

https://www.youtube.com/results?search_query=just+dance+kids&safe=true

Premier league –Solve , Shoot and Score - <https://plprimarystars.com/for-families/play-game>



Exercise games and indoor activities to get kids moving

Obstacle course	Create a furniture assault course or take chalk and make a course outside in the garden. Add in specific mental or physical challenges to keep them guessing.
Wheelbarrow, crab, and bear-walk races:	Create races doing either a wheelbarrow race, crab-walking race or bear walking race.
Animal races	Hop like a bunny or frog; squat and waddle like a duck; stomp like an elephant.
Balloon ball	There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!
Follow the leader	Add to the workout with energetic movements such as jumping, stomping, and squatting.
Just dance kids dance party	Just dance kids on youtube and ask the children to attempt to copy each movement.
Freeze dance	When the music stops, freeze in your pose and hold it until the music begins again.
Scavenger hunt	Write up clues and hide them around the house. Kids can race to find each clue for a small prize at the end.
Jumping jacks	Simple but good for coordination and they get your heart going. See how many you can do in a minute.
Parachute	Each child takes an end of the parachute or sheet and fans it upward while one of you runs underneath. This could be done by using a sheet or a towel. You could also add some balls on the top or a beanbag to attempt to get it off the parachute.
Clean-up race	Set a timer or put on a song to see who can tidy the room the fastest
Yoga	Cosmic kids on youtube have a large selection for the children to access.

Stretching

SHAPES YOGA



UPWARD FACING DOG



MERMAID POSE



FLOWER POSE



I am a triangle.
DOWNWARD-FACING DOG POSE



STAR POSE



RAINBOW POSE



LION POSE



I am a rectangle.
PLANK POSE



I am a square.
TABLE TOP POSE



I am a circle.
CHILD'S POSE



RAGDOLL POSE



DOLPHIN POSE



FROG POSE



I am a star.
RESTING POSE



WHFCS KS1 PE

PE challenges- Do one daily

Simon Says FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- | | | |
|---|---|---|
| Shake your whole body. | Hold your arms out at your side and make circles with them in the air. | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down. | Hop on your left foot 10 times. | Lay on the floor and stretch out as far you can for 10 a count of 10. |
| Spin around in circles. | Hop on your right foot 10 times. | Pretend to shoot a basketball 10 times. |
| Do a cartwheel. | Hop around like a bunny. | Pretend to jump rope for a count of 10. |
| Do a somersault. | Balance on your left foot for a count of 10. | Pretend to ride a horse. |
| Wave your arms above your head. | Balance on your right foot for a count of 10. | Pretend to milk a cow. |
| Walk like a bear on all 4s. | Bend down and touch your toes 10 times. | Take 5 of the biggest steps forward that you can. |
| Walk like a crab. | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car. |
| Hop like a frog. | Show off the muscles in your arms. | Do the strangest dance you can think of. |
| Walk on your knees. | | Scream. |
| Lay on your back & pedal your legs in the air like you are on a bike. | | |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | | |



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Daily Fitness Challenge for Kids



- | | |
|-------------------------------|-------------------------------|
| A: 10 Jumping Jacks | N: 4 Lunges |
| B: 30 Second Plank | O: 3 Burpees |
| C: Crab Walk | P: 10 Second Butterfly |
| D: 10 Push Ups | Q: Run in Place 1 Min |
| E: 10 Sit Ups | R: 7 Jumping Jacks |
| F: 5 Cartwheels | S: 4 Leg Kicks |
| G: Headstand | T: 5 Sit Ups |
| H: 4 Somersaults | U: 15 Second Plank |
| I: Duck Walk | V: 3 Cartwheels |
| J: Jump In Air 5 Times | W: Crab Walk |
| K: Touch Toes 6 Times | X: 2 Somersaults |
| L: Spin Around 3 Times | Y: 5 Lunges |
| M: 10 Leg Kicks | Z: Duck Walk |

Spell each day of the week for a daily workout!

Fit activity for kids what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

