

WHFCS KS1 PE



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	Т	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





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Exercise games and indoor activities to get kids moving

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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	Create races doing either a wheelbarrow race, crab-walking race or
bear-walk races:	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 on youtube and ask the children to attempt to copy
Just dance kids dance	each movement.
party	
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.
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Stretching







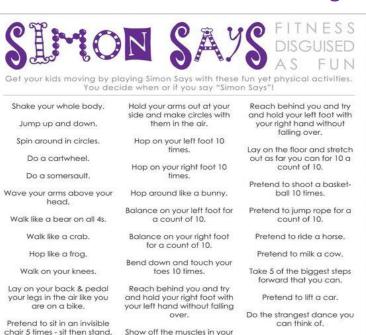


sit then stand, etc.

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PE challenges- Do one daily



Daily Fitness Challenge for Kids

A: 10 Jumping Jacks N: 4 Lunges

B: 30 Second Plank

C: Crab Walk

D: 10 Push Ups

E: 10 Sit Ups

F: 5 Cartwheels

G: Headstand

H: 4 Somersaults

I: Duck Walk

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

0: 3 Burpees

S: 4 Leg Kicks

T: 5 Sit Ups

P: 10 Second Butterfly

Q: Run in Place 1 Min

R: 7 Jumping Jacks

U: 15 Second Plank

V: 3 Cartwheels

Z: Duck Walk

Spell each day of the week for a daily workout!

fit activity for kids

Scream.

jump up & down 10 times

spin around in a circle 5 times

hop on one foot 5 times

run to the nearest door and run back

walk like a bear for a count of 5

do 3 cartwheels

do 10 jumping jacks

hop like a frog 8 times

balance on your left foot for a count of 10

balance on your right foot for a count of 10

march like a toy soldier for a count of 12 pretend to jump rope

for a count of 20 do 3 somersaults

pick up a ball without using your hands

walk backwards 50 steps and skip back

walk sideways 20 steps and hop back

crawl like a crab

walk like a bear for a count of 5

bend down and touch your toes 20 times

pretend to pedal a bike with your hands for a count of 17

roll a ball using only your head

flap your arms like a bird 25 times

pretend to ride a horse for a count of 15

try and touch the clouds for a count of 15

walk on your knees for a count of 10

do 10 push-ups

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

