



WHFCS PE KS2 PE



WHFCS Home Olympics 2020

Warm up –

For the warmup, this week I would like you to do –

1.10 - Side shuffles

2.10 – Lunges

3.10 – Squats

4 10 – Arm circles

5 10 – Jumping jacks

Repeat this 5 times.

Olympic events

At home, I would like you to set up your own Olympics. I have attached a scorecard, which you can record your scores. There is attached a gold medal certificate which you can award yourself at the of the Olympics. Ensure that with all the activities they will be attempted in a safe and secure environment.

1. Speed Bounce

At home, I want you to set up your own speed bounce, you could use a towel or a pillow to jump over, and I would like you to see how many you can do in 1 minute. Then record your score down, you have 3 attempts.



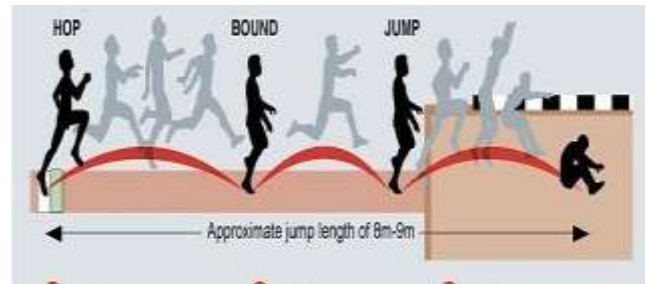


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2. Standing Triple Jump

You need to find a space in your garden or hall way and see how far you can jump, remember when you land you must stay on your feet. You could use a sock to stand behind then record your jumps by using a tape measure or a ruler and see how far you can jump and record your score.



3. Long Jump

You need to find a space in your garden or hall way and see how far you can long jump, remember when you land you must stay on your feet. You could use a sock to stand behind then record your jumps by using a tape measure or a ruler and see how far you can jump and record your score. Once you have finished you could ask a family member to remember to beat your highest score.



4. Throwing challenge

For all the throwing activities if you have a ball you can use it or alternatively if you have a beanbag. If you do not have either of these, you can use socks rolled up into a ball, a sponge or a piece of clothing rolled up into a ball shape. Set up three hoops one 5 metres, 10 metres, and 15 metres they could be hoops or hoops made out of socks. See after 3 attempts what your highest score and attempt to beat it and record it.





5. Vertical Jump

Find a wall in your house or outside and reach as high as you can, then attempt to beat it whilst jumping, record your score and measure using a tape measure or a ruler.



6. Hurdles race

In your garden or outside space set up a racecourse and use pillows, cardboard boxes or balls. Time yourself to see how fast you can get around the course, then attempt to beat your score. You could then challenge your family member.



7. Sprinting race

Set up a racecourse in your garden or outside space, it could a straight line or circular course, time yourself, see how fast you can complete the course, and record your score. You could ask your family member for a race or ask them to attempt to beat your score.



Cool down –

Find a space indoors or outdoors, for your cool down this week we are gradually going to start of sprinting then reducing the speed. We start of on 10 sprinting on the spot, and slowly get slower by 5 we should be jogging then by 1 we should be walking on the spot.





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Olympics score card KS2			
Event	Attempts		
	1 st	2 nd	3 rd
1. Speed Bounce			
2. Triple Jump			
3. Long Jump			
4. Throwing Challenge			
5. Vertical Jump			
6. Hurdles race			
7. Sprinting race			





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WHFCS HOME OLYMPICS 2020

I completed the Home
Olympics

Well Done!

