

Dear all,

we hope you are all keeping safe and well. As we are once again, unsure as to when we will return back to our normal day to day I have now created our 'PE at home pack 3.' This pack comes with some useful activities for key stage 2 pupils to remain fit and healthy with some useful tips over the lockdown period.

WHY SHOULD I EXERCISE?	
MY STAMINA IS INCREASED	I SLEEP BETTER
	
It makes me Feel Fit and Healthy	
IT SHARPENS MY THINKING	MY BODY GETS LEANER
	
IT GIVES ME MORE ENERGY	
MY MUSCLES AND BONES GET STRONGER	IT RELIEVES STRESS IN MY LIFE
	
IT HELPS ME TO RELAX	MY HEART BECOMES MORE EFFICIENT
	



Personal challenges

while we understand some of our limitations to space and equipment, we have created some personal challenges, specific for each key stage group, trying to make them as entertaining as possible, with variety and making sure it is beneficial for your child. We would recommend the children complete some of the challenges each day if not all. We hope that your child will show progression in completing these challenges and showing an improved score from taking part in the activities we give you.

Our challenges will focus on the necessary development of the child. Whilst we know that what we send you is all structured for the child, we also can't stress enough the importance for our children to explore, create, imagine and find their own ways of being active within the day.

Our challenges will take up anything between 30-60 minutes a day. These challenges are created to ideally be performed back to back or can be spread out through the day if necessary. Fill in the challenge table to be able to see your own improvements. Most activities can be carried out using all types of equipment from balls to balloons. Many activities ask for a finished time and a marked area of up to 10 metres.

We hope the children enjoy these tasks and see an improvement as the days go by. Please feel free to change them accordingly or please don't hesitate to contact me for some new ideas and it would be great to see some of their challenges as well.

Stay healthy!!!

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Every child should get at least 60 minutes every day of physical activity!

KS2 – Year 3/4/5/6

focus – agility, balance, co-ordination, fitness, strength.

#1 Daily mile

Set up: Map out A mile from your home.

Equipment needed: Stopwatch

Challenge: perform a mile and time how long it takes you?

#3 Sprints

Set up: A start and finish point 10 metres apart.

Equipment needed: Stopwatch.

Challenge: Sprint time – 10 x 10 metre sprints. How quick can you complete it?

#5 Speed bounce

Set up: Find a raised object to jump over.

Equipment needed: Raised object (Hurdle), Stopwatch.

Challenge: Stand sideways next to the equipment and jump sideways over the object as many times as you can in 20 seconds. How many jumps can you do?

#2 Don't drop it!

Set up: a start and finish point 10 metres apart

Equipment needed: an object to balance, remember to use the same object each time.

Challenge: Balance an object back and forth on your head and other body parts between your 10m area without dropping it and time it. Drop your object and add 2 seconds each time to your score!

#4 Standing long jump

Set up: A start and finish point 10 metres apart.

Equipment needed: X

Challenge: The only way you can move is by performing a standing long jump. How many jumps does it take you to get to the finish line? (Bend knees, swing arms)

#6 You choose! X2

Set up: Choose an activity to perform over the 10m distance

Equipment needed: A ball of your choice – Football, tennis ball, soft ball, large ball, small ball, stopwatch

Challenge: Dribble, throw & catch, throw for distance – Choose a ball activity to perform and choose whether you time how quick you can perform the activity or how many times you can be successful.

[illegible]



Extra Activities for Year 3-6

- Create your own Mini boot camp - 10 x reps on each activity (Can all be carried out in the comfort of your own home, please note: DO NOT use weights, all exercises should be body weight ONLY)

Please see below a template to create your own and images of each activity.

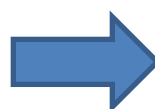
Upper strength

Burpees
Press ups
Shadow box
Bear crawls
Tri-cep dips



Core stability

Crunches
Cycles
Plank
Side plank
Superman's



Lower strength

Squats
Lunges
Wall sit (30s-1m)
Step ups
Jump squats



3 rounds	Upper	Core	Lower
Activity 1 x How many	X.....	X.....	X.....
Activity 2 x How many	X.....	X.....	X.....
Activity 3 x How many	X.....	X.....	X.....

JH School of sport - PE at home 3 KEY STAGE 2

Place the chosen exercises in the table below and the repetitions between x10-x15

(See below for images of the exercises)

Upper strength

Press up



Burpees



Shadow boxing



Bear crawls



Tricep dips



Core strength

Crunches



Cycles



Plank



Side plank



Superman's



Lower strength

Squats



lunges



wall sits



step ups

