



HOME LEARNING

Subject: PE

Time: 20-30mins

Learning Objective: To stay fit and healthy and boost your energy levels!

Choose one of these options to do each week. Have a look through all of them to see which one you like the best. Try something that you haven't done before. Your family can join in with you!

Option 1: Joe Wicks workouts:

https://www.youtube.com/playlist?list=PLyCLOpd4VxBtWi7RnRLz6qHgOgWiB_LrH

Try one of Joe Wicks' workouts, live three days a week at 9am or follow one of his previous workouts on his page.

Option 2: Disney dance workout

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Try one of a variety of dance workouts to popular Disney songs from This Girl Can.

Option 3: Name workout

Use this table to create a workout by completing the exercises that match the letters in your name.

If your circuit is too repetitive then try your last name or a different word. Or you can swap some out.

SPELL YOUR NAME — AND GET MOVING! —

A: 10 BURPEES	N: 15 PUSH UPS
B: 20 PUSH UPS	O: 2 MINUTE WALL SIT
C: 35 JUMPING JACKS	P: 25 JUMPING JACKS
D: 1 MINUTE PLANK	Q: 15 BURPEES
E: 20 SQUATS	R: 20 SQUATS
F: 1 MINUTE WALL SIT	S: 30 CRUNCHES
G: 20 BURPEES	T: 20 ARM CIRCLES
H: 30 PUSH UPS	U: 1 MINUTE PLANK
I: 20 ARM CIRCLES	V: 25 SQUATS
J: 30 CRUNCHES	W: 20 PUSH UPS
K: 25 SQUATS	X: 45 SECOND PLANK
L: 30 ARM CIRCLES	Y: 30 JUMPING JACKS
M: 45 SECOND PLANK	Z: 20 ARM CIRCLES

Option 4: Yoga stretch and mobility session

https://www.youtube.com/watch?v=g_tea8ZNk5A

Follow along with a relaxing stretching and mobility session. Make sure you work at your own level where you're comfortable and enjoy a soothing 15 minutes.

Option 5: Try one of our staff circuit sessions

Mr Cleverly	Mr McDowall	Mrs Jamshidi	Mrs Brash
Squats	Burpees	Running on the spot	Mountain Climbers
Press ups	Plank	Ski jumps	Press ups
Leg raises	Sit ups	Jump squats	Plank shoulder taps
Lunges	Russian twists	Fast feet	Leg raises
Star jumps	Lunge jumps	Step ups	Plank

Do each exercise for one minute with 30 seconds rest in between each one.

Good – 1 round

Great – 2 rounds

Amazing – 3 rounds

OR

Do 10 reps of each exercise and do as many rounds as you can in 5 minutes. Take rest when you need it.

OR

You can make your own circuit using these exercises or some you remember from lessons. Let me know how you get on!

If you have any questions about the different options listed above, or would like any further resources, please feel free to email me at:

jcleverly@glebe.bromley.sch.uk

Thank you