



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: NFL linebacker workout

<https://www.youtube.com/watch?v=kijpCnrldLg>

Try this workout from a Superbowl winning former NFL player. This one is a bit of a challenge!

Option 3:

<https://www.youtube.com/watch?v=CO-Mvpl0QUY>

Try this challenging bodyweight workout, no equipment needed!

Option 4: African dance workout

<https://www.youtube.com/watch?v=q7ytBN8eaiM&t=2s>

Learn some dance moves from across Africa with this fun and energetic dance workout from Kikuwa African dance workouts

Option 5: Try one of our staff circuit sessions

Mr Cleverly	Mr McDowall	Ms Garratty
Squats	Burpees	Running on the spot
Press ups	Plank	Ski jumps
Leg raises	Sit ups	Jump squats
Lunges	Russian twists	Fast feet
Star jumps	Lunge jumps	Step ups

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

Good – 1 round

Great – 2 rounds

Great – 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