



## 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=PLyCLOPd4VxBtWi7RnRLz6gHgOgWiB\\_LrH](https://www.youtube.com/playlist?list=PLyCLOPd4VxBtWi7RnRLz6gHgOgWiB_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: Avengers circuit**

<https://www.youtube.com/watch?v=jyWyBern6g4>

Try this Avengers themed tabata circuit you can do at home with no equipment! This one has more simple movements and exercises.

**Option 3: Greatest showman dance workout**

<https://www.youtube.com/watch?v=nM23HcM6CzY>

Try this workout all set to songs from the greatest showman, using the dance moves from the film as well. Does not contain Hugh Jackman.

**Option 4: NFL linebacker workout**

<https://www.youtube.com/watch?v=kijpCnrldLg&t=502s>

This is a challenging home workout from an NFL linebacker. Try this if you want to really work hard!

**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!

Write down how many reps you do and send them to us so you can see how much you can improve by!

**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](mailto:jcleverly@glebe.bromley.sch.uk)**

**Thank you**