



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=PLyCLOpd4VxBtWi7RnRLz6qHgOqWiB_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: Couch to 5k app

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

Download this couch to 5k running app to help you begin your journey to running 5k! That's 10 times around the field!

Option 3: Oti Mabuse dance class

<https://www.youtube.com/user/mosetsanagape>

Learn to dance like the strictly professionals with Oti Mabuse! Teaching a new dance every week.

Option 4: Home HIIT workout

<https://www.youtube.com/watch?v=ml6cT4AZdql&t=1463s>

Try this challenging high intensity workout you can do at home with little space and no equipment.

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

Thank you