

Summer 2 Week 5 PE activities

Remember to keep as active as possible; this week a variety of activities to try.

Also, remember to check out the Queensgate Website - go to the Children tab and scroll down to PE.

The BBC bitesize now has a PE Section.

Move to the Beat

Home Physical Education

Can you try quicker and slower music? Which is harder?

How to play:

- On the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?



Can you keep trying to improve your performance?

Top Tips

Listen for a beat

When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

Let's Reflect

What different movement ideas did you come up with?

Could you concentrate and move in time to the beat?

60 Second Challenge

Air Balloon

Can you keep trying even if you lose a life?

The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

#StayHomeStayActive



Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

Achieve Gold

Lose 0 lives



Achieve Silver

Lose 1 life



Achieve Bronze

Lose 2 lives



Standing Long Jump: 2

Home Physical Education

Can you encourage others to try and jump as far as possible?

How to play:

- Place a starting marker on the floor.
- Set up 3 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
- Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?
- How can we use our bodies to reach the marker furthest away?



Can you be positive even if someone jumps further than you?

Top Tips

Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

Let's Reflect

How did you adapt your technique to be able to jump further?

How did you feel when you achieved a new jumping distance?