

Summer 2 Week 7 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 IT MONDAY SIT DOWN STAND UP



How many times can you sit down (crossed legged) and then stand up in a straight shape (arms straight up above your head)?

Make sure you sit down in a controlled manner on to a clear floor.

How many can you do in 1 minute?

Harder: Do the challenge without using your hands to get up off the floor.

Easier: Go to a crouch position instead of sitting down

#HSGDailyChallenge

60 Second Challenge

Climb the Mountain

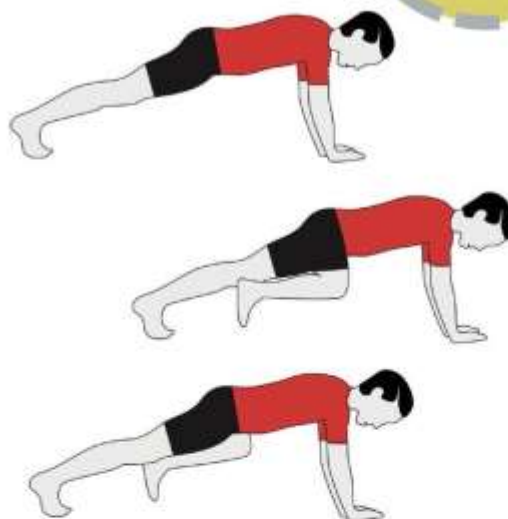
Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers



Spaces Monsters

Home Physical Education

Can you play fairly and keep the score?

How to play:

- Choose a start point and place another marker at the opposite end of the space.
- Layout objects; teddy bears, cones across the playing area. These are known as the space monsters (defenders).
- Can you dribble using your hands, from the starting point, around the marker and back avoiding the space monsters?
- If you dribble around the marker and back you score 1 point. If you hit a space monster they score 1 point. The first to score 5 points is the winner.



Can you keep trying even if the space monsters score more points than you?

Top Tips

Dribbling: Hands

Keep the ball close to you, use the tips of your fingers.

Try not to let the bounce come above your waist and look where you are going!

Let's Reflect

What were the consequences of losing control of the ball?

Why did you need to keep the ball close to you?