



St John's Second Level 4 Week P.E Grid



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>➤ Assault Course</p> <p>Create a fun, obstacle course in your living room! Time yourself and go up against your family</p> <p>Can you make it speed and agility based?.</p> <p>Make sure it's safe!</p>	<p>➤ Dance it Out!</p> <p>Diversity dance are giving free access to all their dances and tutorials.</p> <p>Oti from Strictly is doing free dance sessions on facebook.</p>	<p>➤ Joe Wicks</p> <p>Follow Joe's daily work out on youtube.</p> <p>Remember to drink water and get the family involved!</p> <p>Joe Wicks workout</p> <p>* Hold ctrl+click to open links!</p>	<p>➤ Throw Day</p> <p>Can you try a variety of different ways to throw and catch?</p> <p>Use boxes as targets, baskets as goals! Be creative!</p> <p>Here's a link to some throwing challenges throwing challenges</p>	<p>➤ Spelling fitness</p> <p>Spell your name fitness!</p> <p>Follow the link for rules and how to play.</p> <p>spelling fitness</p>
<p>➤ Kitchen Tower!</p> <p>Try stacking kitchen items up to build a fort/tower</p> <p>How high can you make it?</p> <p>Now roll up socks, throw and knock down your tower! How many throws did it take?</p>	<p>➤ Kitchen games</p> <p>Place a piece of fruit on your head and see how many different ways you can move or do an exercise without it falling off!</p> <p>Or learn to juggle from this juggling world record holder! How to juggle</p>	<p>➤ Laundry Day</p> <p>Help your parents with the washing. Throw your socks into the washing basket! Try and throw from different spots using different techniques.</p> <p>Time yourself doing it and try to beat your score next time</p>	<p>➤ Sport Charades</p> <p>Can you act out a sport/activity without saying a word! Let the family guess what sport it is.</p> <p>Try and do 10 sports in 5 mins!</p>	<p>➤ Build a Chill Zone</p> <p>Can you look around the house and create the ultimate adult free zone for you to chill out and relax in!</p> <p>Get some ideas here Den building tips and ideas</p>
<p>➤ Circuits</p> <p>Pick 10 different stations and create your own fun, circuit to complete. Go up against your siblings or parents!</p> <p>45 secs each station 30 secs rest.</p>	<p>➤ Sports Stars</p> <p>Research your favourite sports star and make a poster about them or create a powerpoint with facts and why they inspire you.</p> <p>Think of interview questions!</p>	<p>➤ Sports from around the world</p> <p>Pick a country, learn about their most popular sports then go and try them out if you can!</p> <p>Try and find traditional games from all around the world!</p>	<p>➤ mindfulness</p> <p>Take 10/15 minutes a day to relax, work on your breathing and listen to calming music free mindfulness sessions</p>	<p>➤ Create A game</p> <p>Can you make up the next big game? Think about equipment, rules and players needed. Be creative. Check my twitter for games creation tips!</p>
<p>➤ Bowling</p> <p>Use empty cans, bottles or toilet roll holder as skittles. Build an alley and bowl away!</p> <p>Can you play against someone in your house? Teach them human skittles from class!</p>	<p>➤ Mini Olympics</p> <p>Can you create a mini Olympics? Think of both indoor and outdoor space. Events could include, long jump, high jump, javelin, sprints and hurdles.</p>	<p>➤ Tidy up day</p> <p>Clean your room in record time! Time yourself and see if you can beat it next time.</p> <p>Can you Hoover your room in the same time it takes to toast some bread?</p>	<p>➤ E-Learning PE</p> <p>This E- learning file has amazing PE exercises from superhero fitness to fitness board games- E Games PE</p>	<p>➤ MR D Challenges!</p> <p>Follow @mrd_pe for weekly challenges. Don't forget to video your effort and reply.</p>

Remember to stay active, work hard and help your loved ones. Don't forget to have FUN!



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