

# **PE and Physical Activity Links and Ideas**

## **Joe Wicks Daily PE Workout**

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>

## **Cosmic Kids Yoga**

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

## **Just Dance**

[https://www.youtube.com/channel/UChJW4BWKLqpojTrS\\_tX0mg](https://www.youtube.com/channel/UChJW4BWKLqpojTrS_tX0mg)

## **Kidz Bop**

<https://www.youtube.com/user/KidzBopKids/videos>

## **Oti Mabuse & Marius Lepure Online Dance Class**

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

## **Zumba Kids on Go Noodle**

<https://app.gonoodle.com/channels/zumba-kids>

## **Dance with Maximo on Go Noodle**

<https://app.gonoodle.com/channels/maximo>

## **Mindfulness on Go Noodle**

<https://app.gonoodle.com/channels/flow>

## **Super Movers**

<https://www.bbc.co.uk/teach/supermovers>

## **Jumpstart Jonny**

<https://www.jumpstartjonny.co.uk/home>

## **GBX Exercise Class (For Older pupils P5/6+)**

<https://www.facebook.com/140123476092919/posts/2539736046131638/>

## **Useful Games and Practices**

### **Musical Statues**

- Dance when the music is on, freeze when the music stops. If you move when the music stops then you are out of the game. The last person in the game is the winner.

### **Musical Bumps**

- Dance when the music is on, when the music stops sit down as quickly as possible. If you are the last person to sit down then you are out of the game. The last person in the game is the winner.

### **Musical Corners**

- When the music is on you are dancing around the area. When the music stops you run to a corner or a coloured cone. The person controlling the music without looking chooses a corner/cone if you are at that corner/cone then you are out of the game. The last person in the game is the winner. Try to encourage pupils to separate into each corner so they are not all at one.

### **Hop Scotch**

- Make different hop scotch patters explore the ways of jumping – from one foot to two feet, one foot to one foot, two feet to one foot etc.

### **Animal Safari**

- How many ways can you move like an animal?
- Jump like a frog
- Walk as tall as a giraffe
- Slither like a snake
- Crawl like a lion
- Etc.

### **Balances**

- How many balances can you show balancing on one foot?
- Can you hold your balances for 3 seconds?
- Can you hold your balances for 5 seconds?
- Can you copy another person's balance from 2m away?

### **Magic Mirror**

- Face a partner at a 2m distance; can you mirror your partners movements?
- Swap over.

### **Highland Hustle**

[https://www.youtube.com/watch?v=uAuaKpJFp\\_4&feature=youtu.be](https://www.youtube.com/watch?v=uAuaKpJFp_4&feature=youtu.be)

The link is dancing based but pupils can make up their own moves.

- Pupils plan their own individual routines sitting in their own space.
- Pair up but with 2m between them at all times
- Then do their own unique follow the leader, leader, leader routine.
- Take turns at being the leader (never even having to speak to your partner).
- Your job is to play the music and police the 2m distance.

### **HAKA**

[https://www.youtube.com/watch?v=yiKFYTFJ\\_kw](https://www.youtube.com/watch?v=yiKFYTFJ_kw)

<https://www.youtube.com/watch?v=wOuyclaj-s>

Watch the links above and perform the HAKA

Look at the moves and see if you can make up your own version of the HAKA

### **Relay Races**

Make sure that pupils are spaced out when waiting for their turn (lay out cones they must stand at then move forward), when the active person gets back to their team the next person must do 3 star jumps before they can start their turn.

- Running
- Jumping
- Hopping
- Skipping
- Galloping
- Running backwards

When they get to the cone at the bottom they could perform a fitness activity before travelling back to their team e.g.

- 5 star jumps
- 5 press ups
- 5 sit ups
- 5 squats
- 5 lunges

### **Bleep Test**

This is a free app on your phone play the track and off they go, they must make it to the other side of the hall before the beep. When they hear the beep they must travel back to the original side of the hall. The beeps will get closer and closer together. You are out when you do not make it to the other side of the hall for the beep.

### **Jumping Challenge**

How many jumps does it take you to get from one side of the hall to the other?

Can you beat this score?

### **Hopping Challenge**

How many hops does it take you to get from one side of the hall to the other on your strong hopping leg?

Can you beat your score and get less hops?

Can you hop to the other side on your weaker hopping leg in the same amount of hops?

### **Sports Charades**

Pupils must act out a sporting activity while the other pupils guess.

You can make this competitive by having teams and keeping score.

### **Standing Long Jump**

Standing with your toes behind a line/mat, jump forward as far as you can.

Next time round try and beat your score.

### **Speed Bounce**

Using a speed bounce mat or a line if you do not have one, how many jumps can you do over the speed bounce/line in 30 seconds?

### **Shuttle Runs**

How many shuttle runs can you complete in a certain time?

Have a break and rest see if you can beat your score.

### **Fitness Circuit**

Pupils will in a space perform the same moves at the same time.

Choose your work to rest ratio e.g. 30sec work 30sec rest make it more challenging 40sec work, 20sec rest etc.

- Star jumps
- Squats
- Sit ups
- Mountain Climbers
- Plank
- Burpees
- Ski Jumps
- Walk Outs

Add in any additional or swap out any of the exercises to suit the needs of the pupils in front of you.

### **Rhythm and Timing Memory Game**

Stand in a circle with the 2m distance between.

Start with the member of staff and they must complete an action e.g. clap clap

Move around the circle with each pupil coming up with a different move to create a sequence, you must try to remember the sequence and every person in the circle should try to perform the sequence at the same time in the correct order.

You may end up with a sequence as follows

1. Clap clap
2. Stomp stomp
3. Nod nod
4. Jump jump
5. Turn around
6. Touch the ground

Try to create some sort of rhythm for the pupils to make it easier to remember, the longer the sequence the harder it is to remember.

### **Hurdles**

Set out the hurdles if you have different sizes try to challenge the pupils.

### **Football Dribble**

Dribble the football using only feet in and out of the cones then finally shoot into an open goal.

Have cones coming in to the goal from different directions.

Make sure that the pupils are only dribbling the ball with their feet and are not collecting the ball with their hands from the goal they must also dribble the ball back.

### **Blind Folded Obstacle Course**

Set up a variety of equipment across an area of the hall e.g. cones, bean bags, small hurdles (nothing that could hurt someone).

In pairs making sure your partner is always 2m away you must guide your partner who is blindfolded using their own jumper through the obstacles using only instructions e.g. 2 steps forwards, one step to the left etc.

The aim is to not touch any of the equipment that is laid out across the floor. This will take a lot of clear communication and listening from both people in the pair.