

Gymnastics

Walk into a space and make a bridge shape, repeat.

Can you make a bridge with your back facing the floor? Can you make a bridge with your front facing the floor? Can you make a bridge with another part of your body facing the floor? E.g. side.

Find different ways of travelling and balancing in a bridge shape. Transfer ideas on to floor and furniture.

How do you keep your body still in a bridge shape? What can you do to improve the quality of your bridge shapes?



Year 5/6 Home Learning Physical Education

Skill

Catch.

Using a ball, scrunched up foil or socks!

Throw the item against a wall and catch it. Try using both hands, one hand or your weaker hand.

How many can you do without dropping it? How far from the wall can you safely throw and catch the item?

Games

Using a ball, scrunched up foil or socks! Pick a spot in a room and place a cup/cylinder on its side. Then from another spot place the ball on the floor and count how many kicks it takes to get the object into the cup/cylinder. Make the distance longer, use obstacles or challenge others.

Fitness

Try,
-10 push ups
-10 sit ups
-20 star jumps

How many sets (repeats) can you do before stopping?

Try beating your record.



Stay at home challenge

As you may have already seen, people have been coming up with their own challenges to keep themselves fit and active.

- Playing keepie uppies with a toilet roll.
- Lifting books as weights.
- Shooting socks into the laundry basket.

Can you come up with your own challenge? You could record it on camera, drawings or write notes!

