

ASM PE Week

Ready, Steady, Go!



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Welcome to PE Week! This week you will have fun taking part in challenges either at home as a Home Hero or in your bubble. You may even want to do your PE in a different way and dress up! Remember it is the taking part that counts and having great **sportsmanship!**

To make your challenges really fun you will need a stopwatch!



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Challenge 1

Today your challenge is to see how many star jumps you can do in 1 minute. Try it once and then try it again to see if you can get quicker. Can you challenge someone in your family?



Challenge 2

Today your challenge is the in and out challenge. Here is the link to The Spires challenge from Mr Coup! You can use anything around the house instead of balls if needed.

<https://www.youtube.com/watch?v=DQGRKOW4GWc>

How quickly can you complete the challenge? Can you get faster a second time?

Challenge 3

Today your challenge is based on the egg and spoon race! See how long you can balance an object on a spoon whilst walking around your house! The object needs to be small enough to fit on your spoon, but big enough to be a little bit tricky to balance! Maybe a bouncy ball! Record how long you can balance it for!



Challenge 4

Today your challenge is the under and over challenge. Check out Mrs Stanley's video! Be careful not to make the jump too high!

<https://www.youtube.com/watch?v=CmRTThU2l-4>

Challenge 5

Today your challenge is again from Mrs Stanley and is the throw clap challenge! How many claps can you fit in before catching it? Challenge your grown ups and record your results.

<https://www.youtube.com/watch?v=wIAZI0NpfDQ>

Challenge 6

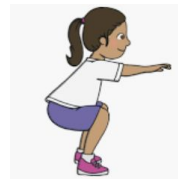
How long can you run for before you need to stop? Time yourself and then see if you can build up strength and run for a bit longer in a few days time! The more you do it, the fitter you will be!



Challenge 7

Can you carry out this HIIT workout? Repeat each move 10 times (reps) and complete 3- 4 times (sets)

1. Lunges
2. Star Jumps
3. Squats
4. Mountain Climber



Challenge 8

Today your challenge is the Yoga challenge! How many moves can you do? You could try a cosmic yoga video.

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

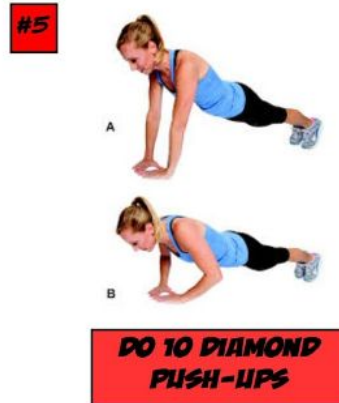
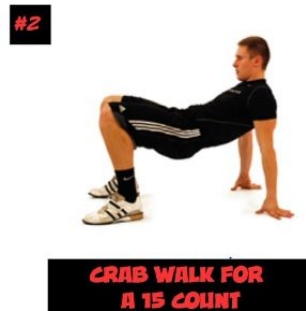
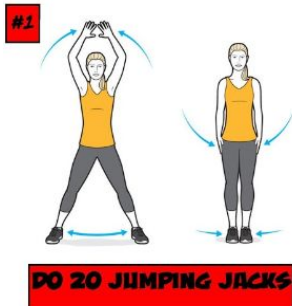


Challenge 9

Today your challenge is the *flip a coin* challenge- flip a coin for each round and write the exercises down in the table below. Complete 30 seconds of the exercise. Try it on yourself or members of your family

ROUND:	HEADS	TAILS
1	Squat Jumps	Jumping Jacks
2	Crunches	Sit Ups
3	Jog on spot	High Knees
4	Kneeling Press Ups	Air Punches
5	Stepping Lunges	Leg Raises
6	Burpees	Squats
7	Sprint on Spot	Star Jumps
8	Air Punches	Kneeling Press Ups
9	Leg Raises	Crunches
10	Jumping Jacks	Jog on Spot
MINI WORKOUT		
	HEADS	TAILS
1		
2		
3		
4		
5		

Challenge 10



If you finish before the music ends, repeat the six steps again pa!



Other fun challenges to try...

- If you have a skipping rope you could see how many skips you can do in 30 seconds!
- How long can you hold the plank for?
- How many squats can you do in 30 seconds?

Links to some fun PE activities:

Go Noodle <https://www.gonoodle.com/>

Boogie Beebie <https://www.bbc.co.uk/programmes/b006mvsc>

Cosmic Kids Yoga <https://www.cosmickids.com/>

The Body Coach (PE with Joe)

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Cosmic Kids Frozen Yoga <https://www.youtube.com/watch?v=xlg052EKMtk>

Explanation about Cosmic Kids Yoga <https://www.youtube.com/user/CosmicKidsYoga>

Have fun and feel healthy!
From the ASM Teaching Team