



Please make sure
you warm-up
before the start of
each exercise
session.

Primary PE

Staying Active from Home

WB 18/01/2021 – Lesson 1 and 2
&

WB 25/01/2021 – Lesson 3 and 4

USE THE FOLLOWING SLIDES TO ACCESS YOUR PE LESSONS FROM HOME.
COMPLETE THE LESSON ACTIVITIES AND SEND YOUR RESPONSE TO YOUR
TEACHER.

Lesson 1 – Number Fitness

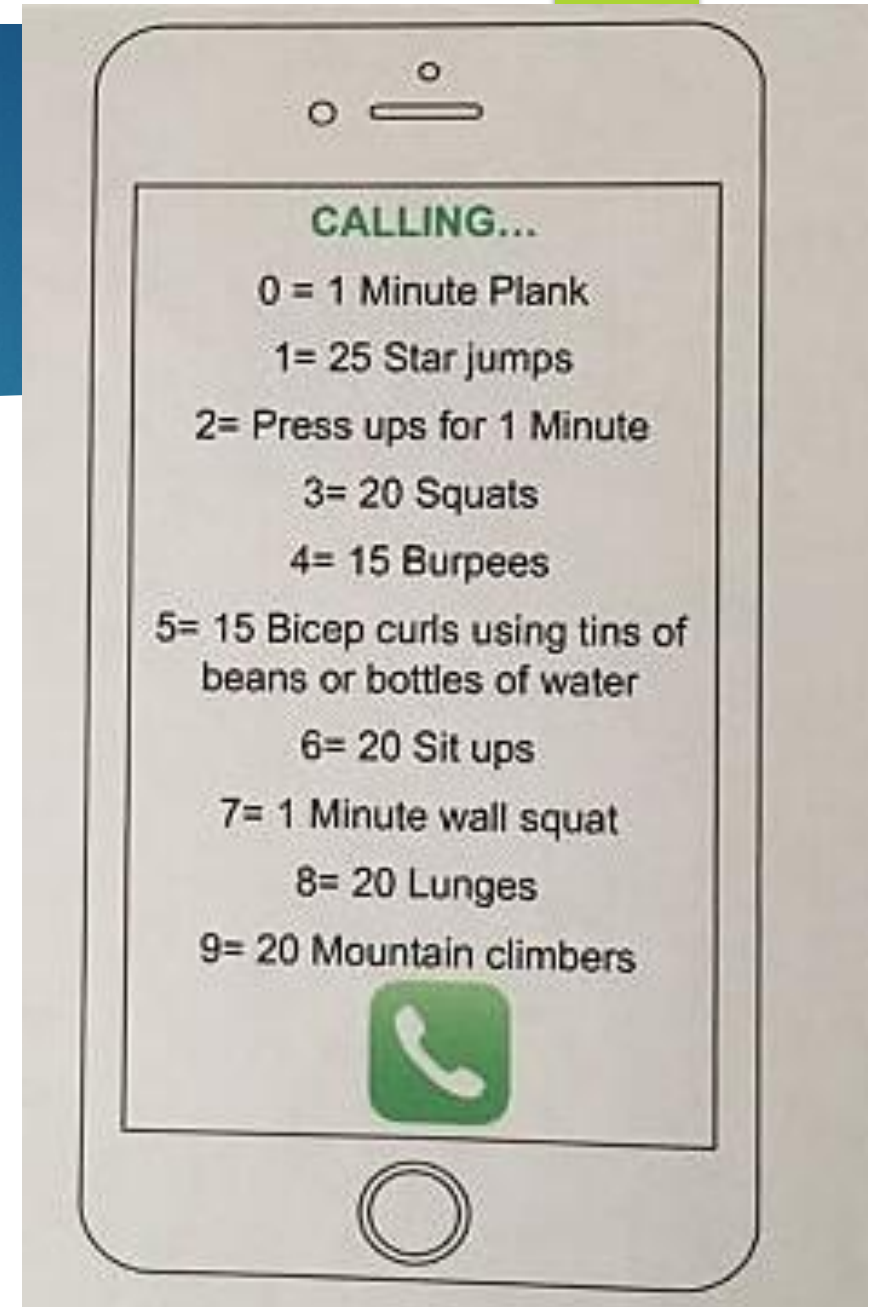
In today's lesson you will be completing a Number fitness workout.

► Instructions:

1. Use the numbers from your mum or dad's phone number or create your own number with 11 digits.
2. The numbers will be used to determine your fitness routine using the exercises on this slide.

Challenge:

Once you have finished, complete the Number Fitness workout again!



CALLING...

0 = 1 Minute Plank

1 = 25 Star jumps

2 = Press ups for 1 Minute

3 = 20 Squats

4 = 15 Burpees

5 = 15 Bicep curls using tins of beans or bottles of water

6 = 20 Sit ups

7 = 1 Minute wall squat

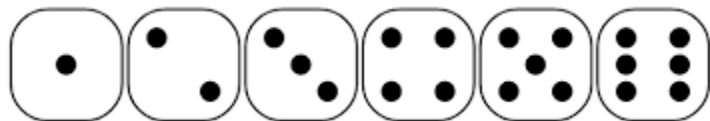
8 = 20 Lunges

9 = 20 Mountain climbers

Lesson 2 – Dice Fitness

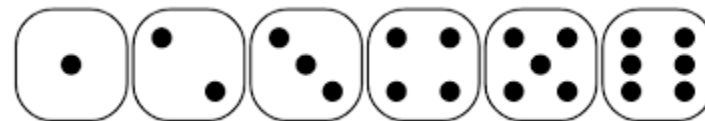
- ▶ For your second PE lesson of the week, you will be completing Dice Fitness.
- ▶ Instructions:
 1. Using the next slide, choose 6 exercises and write them down (these could be exercises we have covered in any of our previous lessons or you can think of your own).
 2. Roll a dice to see which exercise to complete and roll it again to see how many times to complete that specific exercise. You'll need to choose between the easy, medium and hard dice for your second roll.
 3. If you do not have a dice, clip here to access an electronic one: <https://freeonlinedice.com/>
 4. Aim to repeat the game 15 times.

Easy



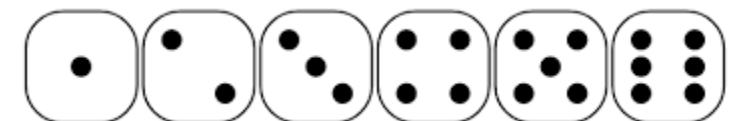
2 4 6 8 10 12

Medium

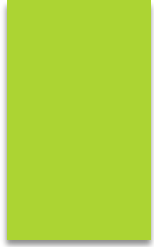


4 6 8 10 12 14

Medium



6 8 10 12 14 16



Rolling a number 1 exercise:	Rolling a number 2 exercise:	Rolling a number 3 exercise:
Rolling a number 4 exercise:	Rolling a number 5 exercise:	Rolling a number 6 exercise:

Lesson 3 – Extra Hot Workout

PE Home Workout

Choose one workout from the menu and lets get exercising. Use the peri-ometer to challenge yourself!



<p>45 second wall sit 30 second alternate arm/leg plank 45 second leg raises 20 jump squats 30 sit ups Repeat 3 times</p>	<p>Run up the stairs 20 times 25 calf raises 20 bicep curls (use tins, bottles of water etc) 20 Shoulder presses (as above) 15 walking lunges (each leg) Repeat 3 times</p>	<p>20 knee/normal puss ups 1 minute mountain climbers 1 minute burpees 1 minute wall sit 1 minute plank Repeat 3 times.</p>	<p>1 minute air punches 30 tuck jumps 30 crunches 1 minute leg raises 1 minute flutter kicks Repeat 3 times</p>	<p>1 minute rest between sets</p>
<p>Run up the stairs 10 times 10 knee/normal push ups 15 squats 10 lunges (each leg) 15 sit ups Repeat 3 times</p>	<p>30 second wall sit 30 second star jumps 15 crunches 15 bicep curls (use tins, bottles of water etc) 20 seconds jump squats Repeat 3 times</p>	<p>30 seconds mountain climber 30 seconds high knees 15 seconds side plank (each side) 20 sit ups 20 seconds air punches Repeat 3 times</p>	<p>30 seconds burpees 30 seconds heel kicks 30 seconds flutter kicks Run up the stairs 10 times Plank 30 seconds Repeat 3 times</p>	<p>45 seconds rest between sets</p>
<p>20 tuck jumps 10 knee push ups 10 walking lunges (on each leg) 20 second plank Repeat 3 times</p>	<p>25 star jumps 10 sit ups 10 shoulder presses (use tins of bean, bottles of water etc) 15 second side plank (each side) Repeat twice</p>	<p>Run up the stairs 5 times 15 calf raises (edge of a step) 20 second wall sit 15 sit ups 20 second plank Repeat twice</p>	<p>15 bicep curls (use tins, bottles of water etc) 25 seconds high knees 10 crunches 10 knee push ups Repeat 3 times</p>	<p>45 seconds rest between sets</p>
<p>20 star jumps 5 knee push ups 5 walking lunges (on each leg) 15 second plank Repeat twice</p>	<p>5 sit ups 10 squats 20 seconds high knees 10 second side plank (each side) Repeat twice</p>	<p>10 tuck jumps 5 crunches 10 bicep curls (use tins of beans, bottles of water etc) 15 second plank Repeat twice</p>	<p>5 knee push ups 10 squats 20 seconds heel kicks 5 sit ups 10 calf raises (do this on the edge of a step) Repeat twice</p>	<p>30 seconds rest between sets</p>

Lesson 4 – Aerobics/Zumba

- ▶ For your fourth lesson this week, you will be completing an aerobics/Zumba workout

Each video has an example of a lower impact modification if you need it

Aerobics for ALL

<https://www.youtube.com/watch?v=aBtP7008EfA&list=PLI37FJmOtrj1R0fTaaqRH6XH5BKEudl0Jq&index=39&t=0s>

Zumba

<https://www.youtube.com/watch?v=bm4WZyH5p2I>

Make sure you follow the warm up and cool down before and after each session, stretching from head to toe.

Make sure you are working in a safe space & have a drink ready.

Extension Task: make up your own routine to demonstrate your knowledge and creativity.