



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

Primary PE

Staying Active from Home

WB 01/02/2021

&

WB 08/02/2021

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

Lesson 1 – Flip a Coin Workout



In today's lesson you will be completing a flip a coin workout.

► **Equipment:**

A coin (or you can use Siri/Alexa or Google and type/say 'flip a coin')

► **Instructions:**

1. Flip the coin and see whether it lands on heads or tails.
2. Using the chart on this slide, work your way through the exercises based on how the coin lands.

► **Challenge:**

Once you have finished the workout, have a go at making your own, using the next slide and then complete it.

For level 1 complete the green section.

For level 2 complete the green and orange.

For level 3 complete the green, orange and red.

1st time	- 15 jump squats	- 25 calf raises
2nd time	- :60 jog in place	- 25 jumping jacks
3rd time	- 20 kneeling pushups	- 10 pushups
4th time	- 20 jumping jacks	- :50 jog in place
5th time	- 40 high knees	- 40 jumping jacks
6th time	- 35 crunches	- 20 sit-ups
7th time	- 10 pushups	- 20 kneeling pushup:
8th time	- :60 jog in place	- 25 jumping jacks
9th time	- 50 crunches	- 20 sit-ups



Coin flip number	Heads	Tails
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Think of different exercises you could put in each column.

Idea – 1 column may be more difficult than the other

Lesson 2 – Pilates

- ▶ For your second PE lesson of the week, you will be completing a Pilates session.
- ▶ **What is Pilates?**

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Exercises tend to target your core, however they can work other areas of your body as well.

- ▶ Below you will need to choose either the green or orange workout (you do not have to do both).

Pilates for Beginners - Pilates Exercises for Beginners

<https://www.youtube.com/watch?v=dj3NUnxGG5o>

This is the perfect follow-up video to Jessica's Pilates for Beginners Part 1 workout! She will talk you through some of the level two beginner Pilates exercises, giving you a great workout and tips for starting Pilates and getting the most out of the workout.

30 Minute Mat Pilates Core Workout for a Great Full Body Workout

<https://www.youtube.com/watch?v=ywJe6ZJhyA0>

This 30 Minute Mat Pilates features mostly traditional Pilates Mat exercises fused with some traditional strength training exercises. Your core will be working the entire time but you'll also get strengthening and toning in the upper and lower body, plus a good relaxing stretch!

Lesson 3 – Deck of Cards Fitness

- ▶ For your third PE lesson of the week, you will be completing a fitness session using a deck of cards.
- ▶ Equipment:

A deck of cards

If you don't have one, here is your [random deck of cards!](#) (Click shuffle after each card).

- ▶ The object of the game is to complete as many of the fitness moves in line with what you pick randomly from the deck of cards!
- ▶ When you draw a card, you'll use the exercise chart below to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
- ▶ Try at complete at least **10 rounds**, but if you'd like a **challenge try 15!**



Heart =
Star
jumps



Clubs =
Push ups



Diamond
=
Lunges



Spade =
Squats



Jack =
10 sit ups



Queen =
10 high
knees



King =
10 front
kicks



Ace =
1 burpee

Lesson 4 –The Ultimate Challenge

- ▶ For your final lesson of the week, you will be completing the Kents Hill Park 10 challenge competition!
- ▶ There are 10 challenges on the next slides for you should complete.
- ▶ You will gain points in each challenge, which is determined by adding up your score at the end of each challenge
- ▶ Once you have completed all 10 challenges you should add all your points up
- ▶ Then post it in your class Microsoft teams chat or via email and we'll see who our challenge winner is...



**KHP's Ultimate
Challenge!**

KHP's Ultimate Challenge!

Are you up for the challenge?!

How many of each challenge can you complete in 30 seconds?

- TIME YOURSELF FOR 30 SECONDS (REST FOR 30 SECONDS BETWEEN EACH CHALLENGE)

CHALLENGE 1: SIT UPS

CHALLENGE 2: JUMP SQUATS

CHALLENGE 3: JUMPING JACKS

CHALLENGE 4: PRESS-UPS

CHALLENGE 5: LUNGES

CHALLENGE 6: TUCK JUMPS

CHALLENGE 7: CRUNCHES

CHALLENGE 8: BURPEES

CHALLENGE 9: LEG RAISES

CHALLENGE 10: ARM CIRCLES