



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

# Primary PE

## Staying Active from Home

USE THE FOLLOWING SLIDES TO ACCESS YOUR PE LESSONS FROM HOME.

EACH SLIDE WILL CONTAIN A PHYSICAL CHALLENGE FOR YOU TO COMPLETE.

AT THE END OF YOUR FOUR LESSONS, SEND YOUR RESULTS TO YOUR TEACHER THROUGH YOUR  
YEAR GROUP WORK EMAIL - **GOOD LUCK!**

# Lesson 1 – Yoga

- ▶ Follow the link to the complete your first PE lesson from home – the lesson is based on Yoga.  
BBC Yoga for children [https://www.youtube.com/watch?v=6cl\\_LTqLXa8&feature=youtu.be](https://www.youtube.com/watch?v=6cl_LTqLXa8&feature=youtu.be)
- ▶ Definition of Yoga: Yoga is an form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.



Warrior Pose

## Challenge!

Time yourself – how long can you hold the position shown in the diagram for?

# Lesson 2 – HIIT Training

- ▶ Follow the link to the complete your second PE lesson from home – the lesson is based on HIIT Training.
- ▶ <https://www.youtube.com/watch?v=591Stmzm9EA>
- ▶ **What is HIIT Training?:** HIIT is defined as – high intensity, interval training. It is a combination of brief, very-high intensity bursts of cardio exercise followed by equal or longer periods of rest.

## Challenge!

Time yourself - how long can you complete a wall sit for?



# Lesson 3 – Circuit Training

- ▶ Follow the instructions below to complete your third PE lesson from home – this lesson is based on Circuit Training.
- ▶ **What is Circuit Training?:** Circuit training is a combination of 6 or more exercises performed with short rest periods between them. The exercises are for either a set number of repetitions or a set amount of time.
- ▶ Circuit Training – On the next slide will be a cycle of 10 exercises, you must complete each exercise 10 times, after each exercise is complete, rest for 20 seconds before moving onto the next exercise. Once the 10 exercises are complete, rest for 1 minute and then repeat the circuit again.

**Challenge!**  
Time yourself – how long can you hold the plank position



# Lesson 3 – Circuit Training



# Lesson 4 –Every Minute, On the Minute

- ▶ **What is EMOM Training?:** EMOM is defined as every minute on the minute. It is a type of interval training, where a specific task is performed at the start of every minute, for a set amount of repetitions.
- ▶ Use the activities on the previous slide.
- ▶ Set a target number of repetitions to complete every minute, on the minute
- ▶ Use a timer to help!

## Challenge!

How many star jumps can you complete in 1 minute?



# What have you learnt?

- ▶ Write a summary of what you have learnt throughout these independent PE lessons.
- ▶ Rate your level of perceived effort out of 10
- ▶ Record your scores for each challenge.
- ▶ Send your completed summary to your class teacher via your year group work email.