

Physical Education

KS2



#WeAreAllInThisTogether



PE to do

This half term we will be looking at fitness. We will be trying different activities in a circuit to work different muscle groups and on our cardio.

For your warm up

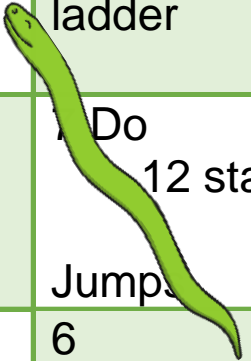
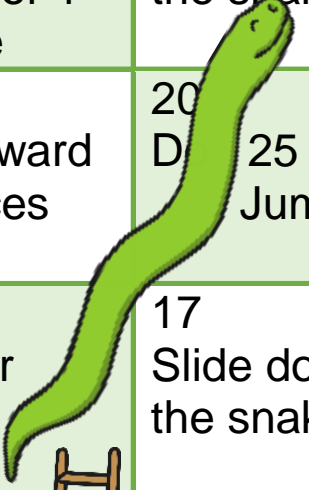
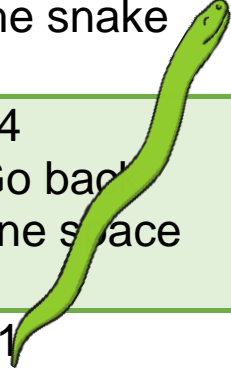
Please see next slide for this week's warm up game, Snakes and Ladders. You can play this by yourself or with your family.

- Choose a piece of equipment to represent your character, then take turns in rolling the dice and move your piece the correct number of squares
- Every time you land on a square you will need to complete that activity before the next person can take their turn
- Keep playing for 20 minutes to warm up properly, even if you end up winning
- Don't forget to climb ladders if you land on them, or slide down snakes if they catch you.
- Good luck and have fun!



Snakes and Ladders

25 Slide down the snake	26 Sprint on the spot for 1 min	27 Do 30 squats	28 Dance crazy for 1 minute	29 Slide down the snake	30 Do a victory dance
24 Sprint on spot for 45 secs	23 Slide down the snake	22 Dance crazy for 22 secs	21 Go forward 4 spaces	20 Do 25 Star Jumps	19 Do sits for 1 minute
13 Dance crazy 45 secs	14 Go back one space	15 Sprint on spot for 15 secs	16 16 Star Jumps	17 Slide down the snake	18 Climb the ladder
12 Climb the ladder	11 Get up and sit down 11 times	10 Sprint on the spot for 10 secs	9 Do 9 Press ups	8 Go back 1 space	7 Do 12 star Jumps
1 Ready to play at St Michael's	2 Go forward one space	3 Do 4 different stretches	4 Climb the ladder	5 Do 15 Squat Jumps	6 Go forward one space





Circuit Training

- In today's P.E lesson we are going to have fun doing a circuit workout based on a series of movements.
- Below you will see various exercises with 3 difficulty levels. It is up to you what level you chose to do but it is best to push yourself.
- Each slide has a different exercise for you to perform which includes some cardio and strength exercises.
- See if you can try each exercise for 2 minutes and once you have completed one circuit you can repeat it again. Make sure you have 30 seconds to 1 minute rest between each circuit and have lots of water.
- Have fun, please remember you can post on Dojo once you have completed and can send us videos or photos, we cannot wait to see how you get on.

Star Jumps

Star jumps use the muscle in the upper legs. It uses the majority of muscles in the legs.

Quadriceps



Hamstrings



Difficulty 1

Jump – Pause – Jump



Difficulty 2

Continuous Star Jumps



Difficulty 3

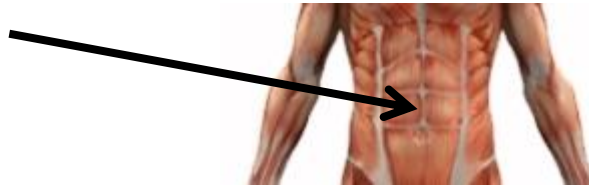
Floor Star Jump



Sit-Ups

Sit Ups are commonly performed to increase your 'Six Pack'. Otherwise known as your Abdominals or 'Abs'.

Abdominals



Difficulty 1
Traditional Sit Up



Difficulty 2
Leg Raised Sit Up

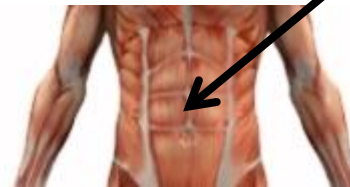
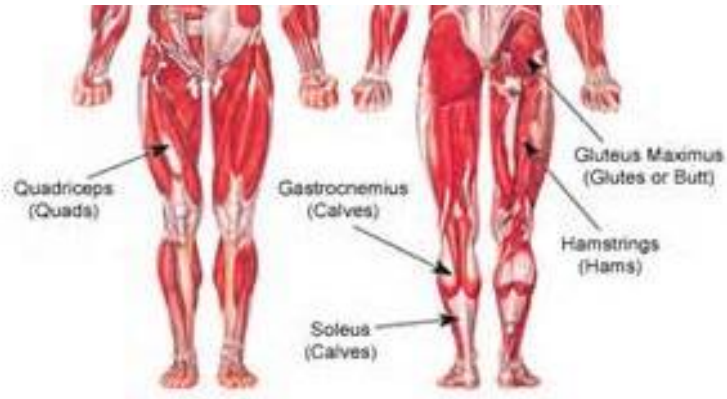


Difficulty 3
Bicycle Sit Up



Wall Sit

The Wall Sit mainly focuses on the legs and in particular the quadriceps. But also works the abdominals.



Abdominals

Difficulty 1
Traditional Wall Sit

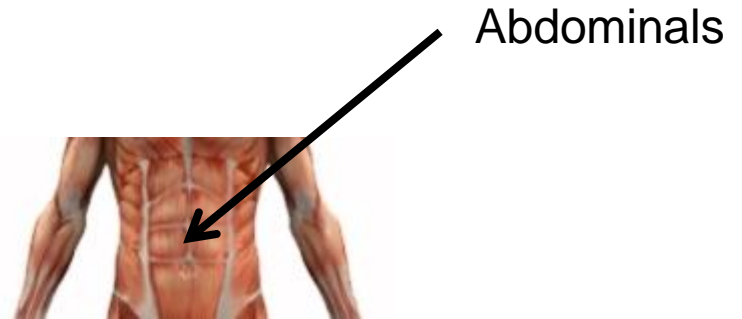
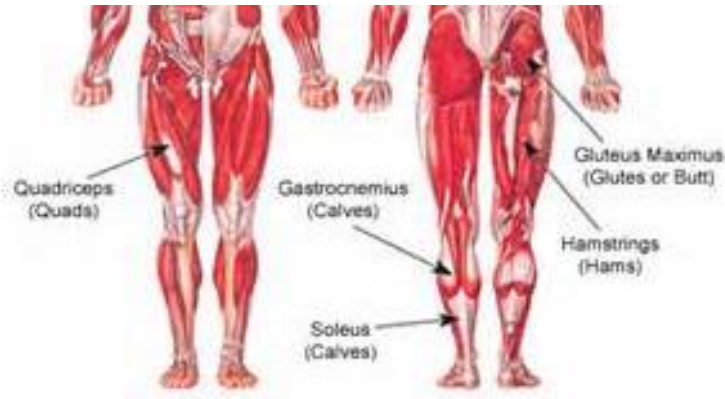
Difficulty 2
Wide Leg Wall Sit

Difficulty 3
One Leg Wall Sit



Mountain Climber

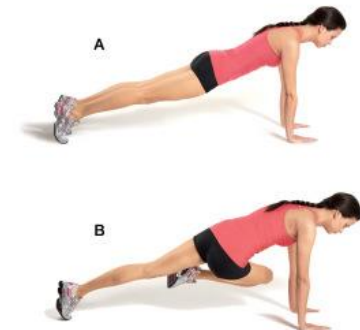
The Mountain Climber focuses mainly on the lower body and core muscles for balance and control.



Difficulty 1
Mountain Climber



Difficulty 2
Mountain Climber Switch



The Side Plank

The side plank focus on the 'Core' muscles or the side of the core. Otherwise known as the external oblique's..



Difficulty 1
Forearm and Knee Plank



Difficulty 2
Forearm and Foot Plank

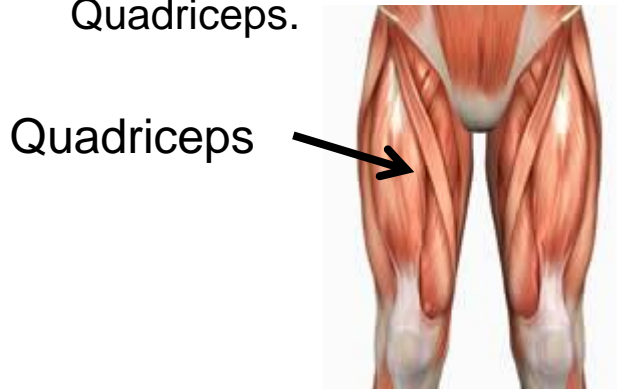


Difficulty 3
Forearm and 1 Foot Plank

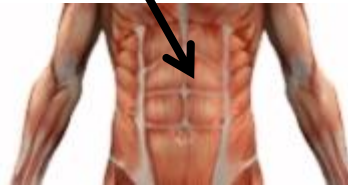


Skipping

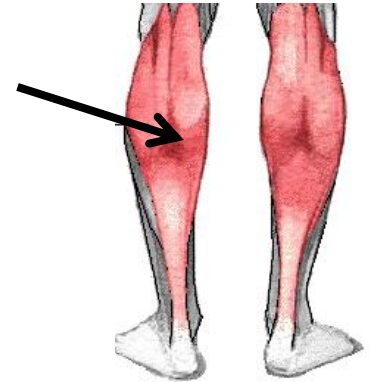
Skipping is an affordable exercise that requires you to use all your body. Therefore making it an excellent aerobic exercise. It use most of the muscles in your legs, arms and core. But the main muscles are the abdominals, calf (Gastrocnemius) and Quadriceps.



Abdominals



Gastrocnemius
(Calf Muscle)



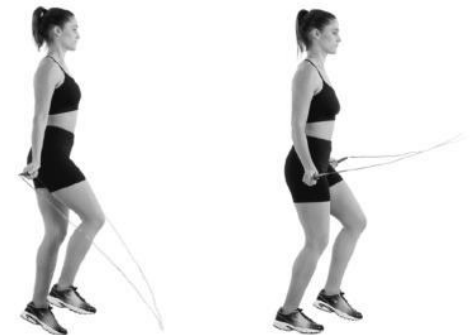
Difficulty 1
Skip – Pause – Skip



Difficulty 2
Continuous Skipping

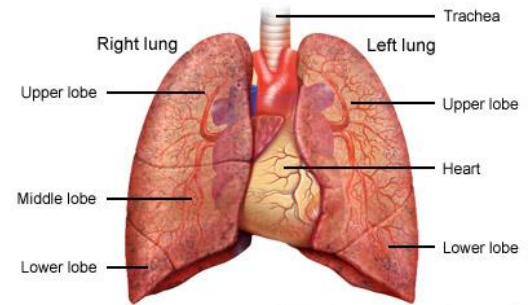
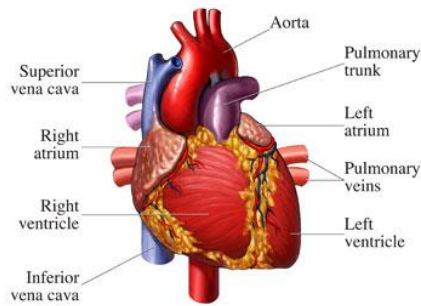


Difficulty 3
Alternate Foot Skipping



Burpees

Burpees can be a difficult exercise because they use all the muscles in the body as well as being a combination of different actions.



Difficulty 1

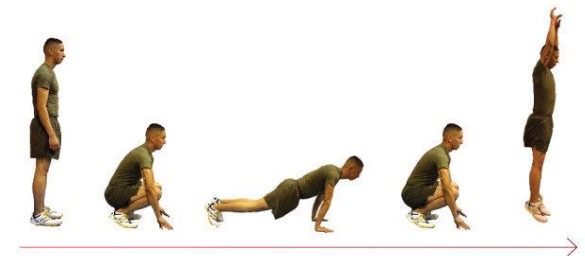
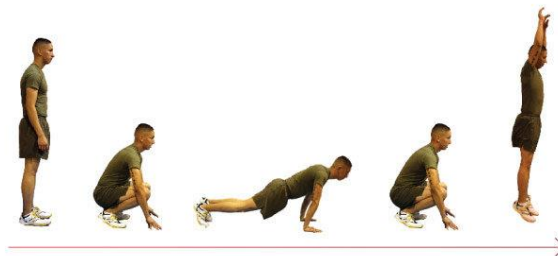
Burpee – Stand – Burpee

Difficulty 2

Burpee – Jump - Burpee

Difficulty 3

Burpee – Star Jump - Burpee



Tricep Dips

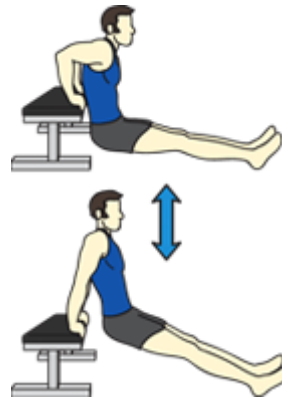
Tricep Dips focus on the upper part of the arm at the back. This exercise isolates (focuses) on the Tricep.



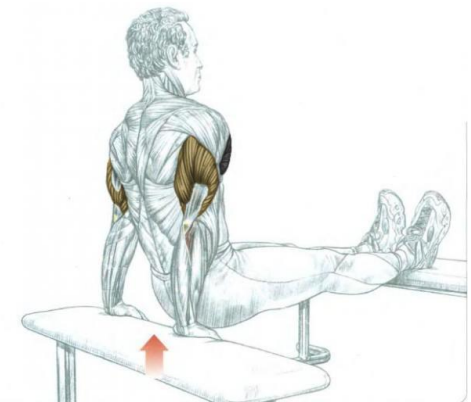
Difficulty 1
Floor Tricep Dips



Difficulty 2
Bench Tricep Dips



Difficulty 3
Parallel Tricep Dips



Step Ups

Step Ups are an affordable exercise that requires you to use all your body. Therefore making it an excellent aerobic exercise. It uses the majority of muscles in the legs and the arms. But most of the work is in the Quadriceps.

Quadriceps



- Light Feet
- Head Up
- Knees Up

Difficulty 1
Slow Step Ups



X1

Difficulty 2
Jogging Step Ups



X2
Quicker

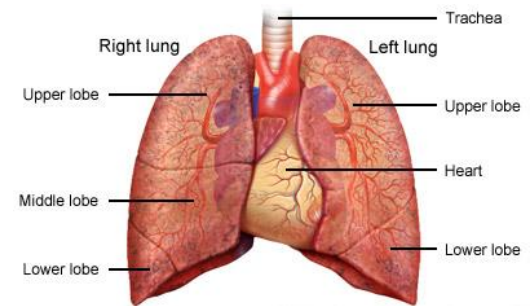
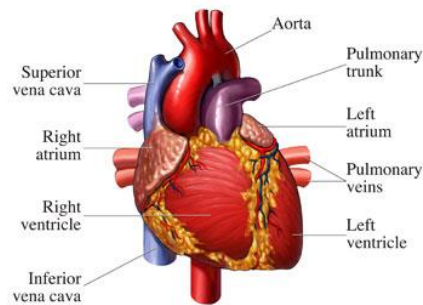
Difficulty 3
Fast Step Ups



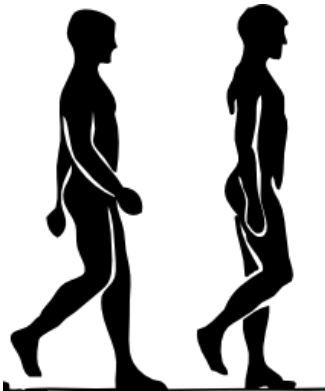
X3
Quicker

Shuttle Runs

Shuttle runs can be used as a form of cardiovascular training to improve endurance and stamina. It uses the whole body and increases the efficiency of the heart and lungs.



Difficulty 1
Quick Walking



Level 2
Jogging

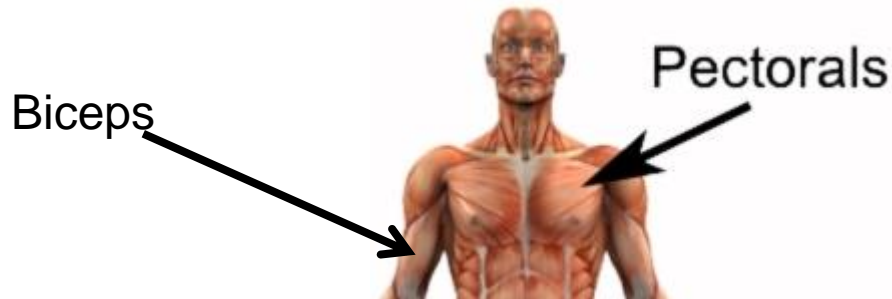


Difficulty 3
Running



Press-Ups

Press Ups are a body weight exercise working the chest and arms area. Otherwise known as the Pectorals, Biceps and Triceps



Difficulty 1
Kneeling Press Up



Kneeling press-ups

Difficulty 2
Traditional Press Up



Press-ups

Difficulty 3
Decline Press Up

