

SPRING TERM HOME PE

Year 6

Fitness Challenge

Stamina and strength

Equipment:

Something to time yourself with
A safe space

How to play:

Have a go at these activities:

Stamina – Can you do 30 star jumps without stopping?

Speed – Can you run or do 10 jumps faster than an adult at home?

Core Stability & Strength – Can you hold the plank for 30 seconds?

Flexibility – Can you sit on the floor with your legs wide apart, how low can you get your chest to the floor?



Challenge:

Can you create your own time challenge that works your: stamina, speed, core stability and strength and flexibility? Set yourself the challenge and see if you can complete it.

STEP principle of coaching/teaching- helps to engage, challenge and motivate everyone by altering one or more of the principles

Space – You may have to adapt activities depending on how much space you have at home.

Task – Increase the number of jumps, star jumps etc if you find this easy or increase them to make it more difficult. Instead of thinking of one activity, think of 2 or 3 for each fitness component.

Equipment – Hold a toy or ball as you do the jumps.

People – Get more people involved. Could you have a competition against somebody at home?

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Kidz Bop

Equipment:

A clear space free of hazards

An electronic device with access to the internet to watch and learn a new dance routine

How to play:

Watch this dance tutorial on YouTube (there are also many more to choose from in the link at the bottom of this page).

https://www.youtube.com/watch?v=Kd7II_ZzfGw

Have a go at getting up and learning a new dance routine.



Challenges:

Can you learn and remember the whole routine?

Can you choose another song and choreograph something of your own? Aim for at least 30 seconds.

STEP principle of coaching/teaching- helps to engage, challenge, and motivate everyone by altering one or more of the principles

Space – You may have to adapt some of the movements depending on how much space you have.

Task – If this task is tricky, do not worry, it can be difficult to remember dance routines. Try and remember as much as you can or just dance along to the music. Can you create another routine on your own and remember all the movements? Could you get somebody to film you perform so you can watch yourself back? If so, write down or think of 2 things that you did well and 2 things that you could improve – keep practising to make the improvements.

Equipment – n/a

People – Could you teach someone else in your household the routine? Or get somebody to film you so you can watch it back.

Video – Link above plus lots more here <https://www.youtube.com/hashtag/kidzbop>

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Keep on Moving

Endurance skills

Equipment: 3 pairs of socks, 3 cushions and 3 toys

How to play:

Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space.

- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.



Top Tips

Breathing - Make sure that you breathe in through your nose and out through your mouth when performing the activities.

Challenges:

1. How fast can you complete the course? Time yourself and try and beat it
2. Can you be creative and think of your own movement ideas

STEP

Space - move the equipment further away or closer together. Can you move at different levels?

Task – Change the activity you do on each of the pieces of equipment, maybe instead of jumps you do star jumps

Equipment – Can you add more of each piece of equipment?

People – Compete against a friend or family member.