



Virtual PE Lessons and Activities KS2



Here is a list of PE lessons and activities to try at home.
All the lessons have been adapted so you can keep active at home

Session 1. Ball Challenge

At home use a ball to practice your throwing and catching (ideally a football size ball but any ball will do)

Outside against the wall practice your - Chest Pass , Bounce Pass, Underarm throw and over shoulder throw.

Challenge - see how many of each throw you can do before you drop the ball

Make a note of how many you can do for each type of throw and remember it or even better email your results into school so we can see which pupil recorded the most in your class.

Session 2. Shuttle Run challenge

At home if you have enough space outside measure 10 big steps and mark out the run. (roughly 8-10m in length)

You can use anything to mark out the steps for example use pebbles or mark a line with chalk.

When you have measured out your 10 big steps practice running from out side to the other.

Challenge - Once you have had a few practice goes see how many times you can complete the shuttle run without stopping or without walking.

You could also try this challenge on your bike or scooter?

Again make a note of how many you can do email us your results.

Session 3 Circuit training

Choose 5 or 6 exercises to add to your circuit

These can be exercises you have been thought at school or at a club or just something that interests you?

For example Star Jumps , Press ups , Spotty Dogs

Or can be skills like catching a ball, Dribbling a football, keep ups with a tennis racket and ball.

Once you have your 5/6 exercise use a clock to time 60 secs (1min) and have a go at each exercise for 1 min each (should last 5/6 mins in total)

Have a rest and repeat the challenge

Session 4 How many different sports can you play

In your session see how many different sports you can play?

This might depend on what equipment you have at home but see how many different activities you can play

For example if you had a football at home you could play

Basketball

Netball

Dodgeball. (all with the same ball)

Football

Now practice some of your skills

Passing

Catching

Running

Dribbling

Shooting etc.

Session 5 ~ Try a new activity

Research a new activity to play and give it a try?

This could be something you've wanted to try or something from another country or culture?

Let us know what you have chosen how to play? You could use it in the sports leader's sessions or teach your friends in the playground

Session 6 – Step challenge

If you have use of a Fitbit or something to measure steps otherwise you will need to count yourself

Try and walk or run in your garden and try and achieve 1000 steps

You might want to count in 10's or 100's to help you keep count

Next time you try this challenge you could try and do 2000 steps or more....?

7 invent your own Activity

From the activities you have learned invent your own game or challenge

You can use equipment or just do it without?

You could do a individual game or play it with your family?

Feel free to send in a video or plan of the activities you've invented?

8 Plank challenge

See how long you can hold the plank?

We have done this challenge before in schools it's about holding your body weight in the plank shape?

See if you can then hold it 10 times of 10 seconds each time

If you don't know how to do the plank you can always google it? Or find it on YouTube

Let us know your best time?

Your welcome to send in videos and clips of what you've done

Enjoy and stay active

Mr Harris