

## **PE/ Physical Activity Home Learning**

### **Year 3 and Year 4**

Some of you may have been joining in with Joe Wicks' daily PE workouts.

Have a go at delivering your own workout. Use equipment in your home as part of your workout such as: bench presses on chairs, jogging on and off bottom step, using tins for bicep curls, wall sits etc. Make sure that you exercise as many parts of your body as you can in your workout.

It is important that you keep yourself active. Your challenge is to try and reach at least 500 steps during each hour between 9am and 4pm. You could count these steps or use a pedometer if available.

Activities to increase steps could be:

- Step ups using a bottom step
- Going for a walk
- Running around a garden
- Jumps/movement across the floor
- Skipping (with or without a rope)
- Star jumps

Make yourself an obstacle course inside or outside the house. Use items as your P.E. equipment. Your obstacle course should involve at least an activity to make your heart beat faster, a jump, a crawl and a balance.

Some examples of possible activities could be:

- Dribbling a ball
- Jumping over cardboard hurdles
- Leap the longest distance
- Balance the book on your head
- 10 lifts of the tins
- Sprint to collect the towel
- Crawl between the plastic cups

Feel free to make up your own activities.

Time yourself to see whether you can beat your own score.

Challenge someone in your household.

Can they complete your obstacle course faster than you?

Challenge

Can you list the muscles you have exercised today?

**Don't forget to email your action shots to [pe@vfs.endeavourschools.org](mailto:pe@vfs.endeavourschools.org)**