

Summer 2 Week 1

PE

Everyday this week, depending on the weather you could take your bicycle or scooter for a ride. Remember your helmet with your bike and stay close to your adult

We would love to see some photos of your PE activities, please e-mail them to us!

You can also choose from these online activities

Joe Wicks PE

https://uk.video.search.yahoo.com/yhs/search?fr=yhs-adk-adk_sbyhp&hsimp=yhs-adk_sbyhp&hspart=adk&p=youtube+joe+wicks+live+pe+workout+for+kids#id=4&vid=6c71b9945d822746bf901

Cosmic Kids yoga

<https://www.cosmickids.com>



Monday

This week you are going to become a Superhero!

Today we want you to design your costume, think of a Superhero name for yourself and decide what your Superhero power will be!

REMEMBER: You will need to be able to move about in your costume when exercising your super powers. Or perhaps you could have a badge that you can keep on if the rest of your costume gets in the way!

Look at these pictures for some ideas;



Tuesday

BOOM!

POW!

Superheroes sometimes need to climb very quickly! See how many 'climbing actions' you can do in a minute, ask someone to time you!

Stand tall with feet together. Now lift one leg to knee height and raise your opposite arm above your head. Then as your knee and arm come down raise your opposite arm and leg. If you find this tricky work with your legs first then try to add in your arms



ZAP!

Wednesday

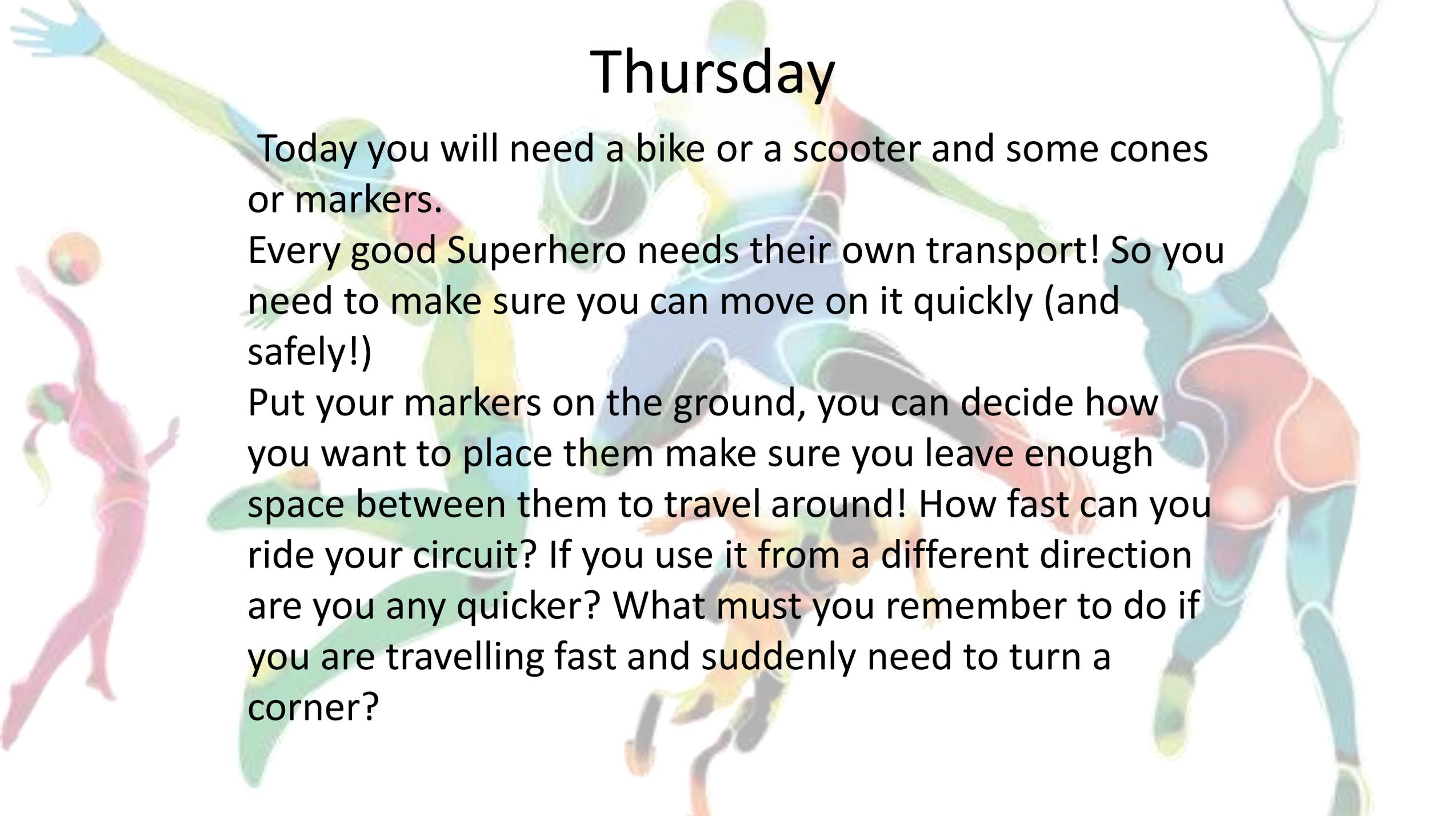
Working on your balance today, Superheroes often have to travel along narrow structures, see how well you do!

Can you find a piece of kerb to carefully balance and walk along? Ask an adult before you start and check there is no traffic nearby. Or you may have a plank of wood that you could raise slightly off the ground at both ends.

When balancing its very tempting to look down at your feet but we balance best if our heads are up and our eyes are looking straight ahead of us. Its also useful to have your arms stretched out to your side to help too. Don't worry if you cant do this to begin with, just keep practising!



Thursday

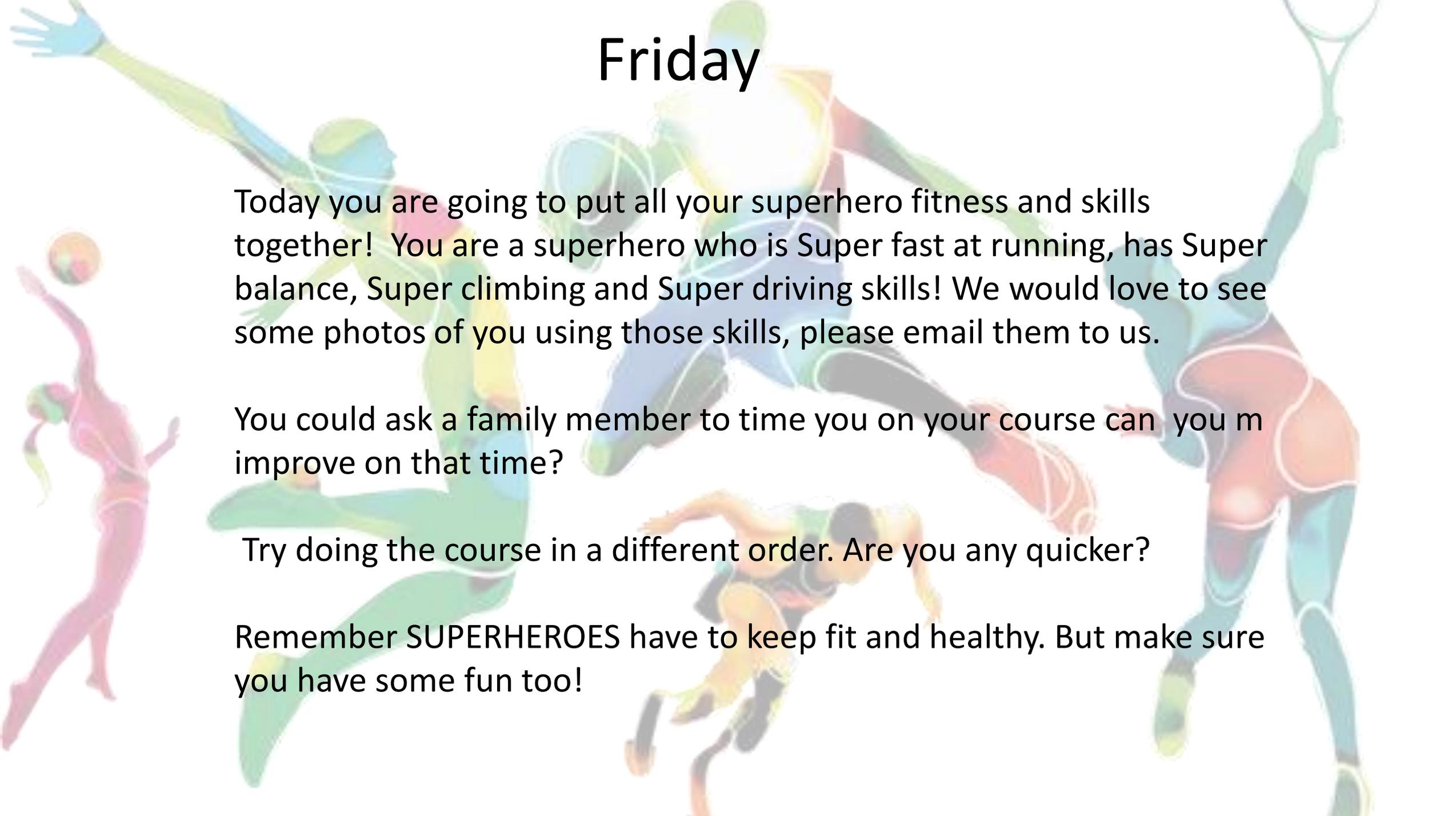


Today you will need a bike or a scooter and some cones or markers.

Every good Superhero needs their own transport! So you need to make sure you can move on it quickly (and safely!)

Put your markers on the ground, you can decide how you want to place them make sure you leave enough space between them to travel around! How fast can you ride your circuit? If you use it from a different direction are you any quicker? What must you remember to do if you are travelling fast and suddenly need to turn a corner?

Friday

The background features several stylized, colorful superhero figures in various athletic poses. One figure is jumping high with arms outstretched, another is running, and others are in dynamic, action-oriented stances. The colors are vibrant, including shades of blue, green, yellow, red, and purple.

Today you are going to put all your superhero fitness and skills together! You are a superhero who is Super fast at running, has Super balance, Super climbing and Super driving skills! We would love to see some photos of you using those skills, please email them to us.

You could ask a family member to time you on your course can you improve on that time?

Try doing the course in a different order. Are you any quicker?

Remember SUPERHEROES have to keep fit and healthy. But make sure you have some fun too!