



# S1-3 Physical Education Home Learning



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# PE HOME LEARNING



- ★ Complete two tasks per home learning week.
- ★ Take breaks where required during exercise.
- ★ Complete all lessons in a safe environment free from any injury or illness.
- ★ Create a video of yourself completing the tasks and tag our PE social media accounts.



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# TASK 1 – PRACTICE LIKE A PRO



**Complete one, two or all of the following football tasks and compare yourself to the best.**

**Start by scanning the QR code and watching the professionals in action.**

**Balance and Control & Coordination and Fluency**



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# PASS LIKE BILLY GILMOUR



## THE TASK

- Set up two markers 1 metre apart against a fence/wall/couch.
- Stand 3 steps back.
- How many times can you pass the ball in between the markers in 1 minute?
- Video your performance and ANALYSE against Billy Gilmour Checklist. OR parents watch and feedback.
- 1 minute right foot - - - 1 minute left foot - - - 1 minute alternating.
- Progression: stand further away/narrow markers.

TECHNICAL POINT	YES OR NO
NON-KICKING FOOT BESIDE BALL	
CHEST FACING DIRECTION OF PASS	
MAKING CONTACT WITH INSTEP OF FOOT	
STRIKING MIDDLE OF BALL	

# DRIBBLE LIKE JADON SANCHO



## THE TASK

- Place 4 cones/shoes in a line. Have each cone/shoe 2 steps apart.
- Start at 1 end: dribble through the cones for 1 minute.
- Minute 1: right foot - - - minute 2: left foot - - - minute 3 both feet.
- Star jump at end for every time you touch a cone/shoe
- Video your performance and ANALYSE against Jadon Sancho Checklist. OR parents watch and feedback.
- Progression: cones/shoes 1 step apart/stepover at each cone/L-turn or Cruyff turn at each end/add in skills of your choice.



TECHNICAL POINT	YES OR NO
Relaxed chest over the ball.	
Contact ball as kicking foot comes down.	
Soft touch.	
Touch on every step.	

# SHOOT LIKE KYLIAN MBAPPE



- THE TASK
- Same set up as passing drill but stand 10 steps away from wall/fence/goal (if you have one).
- Shoot whilst following the Kylian Mbappe Checklist. Remember to analyse your performance from a video/parent against each point!
- 1 minute: right foot - - - 1 minute: left foot - - - 1 minute: alternate.
- How many goals do you score in each minute?
- Progressions: have ball passed into you to control then shoot/place a jumper in an area of goal and aim to hit it.

TECHNICAL POINT	YES OR NO
NON-KICKING FOOT BESIDE BALL.	
HEAD AND CHEST DOWN OVER BALL.	
STRIKE BALL WITH LACES.	
STRIKE THROUGH MIDDLE OF BALL.	



# TASK 2 – WHEEL OF FITNESS



## Rules:

- Spin the wheel 10 times
- Complete each activity for 30 seconds at a time
- Increase the time if you find it too easy
- Mystery round – pick your favourite



**Determination and Resilience**




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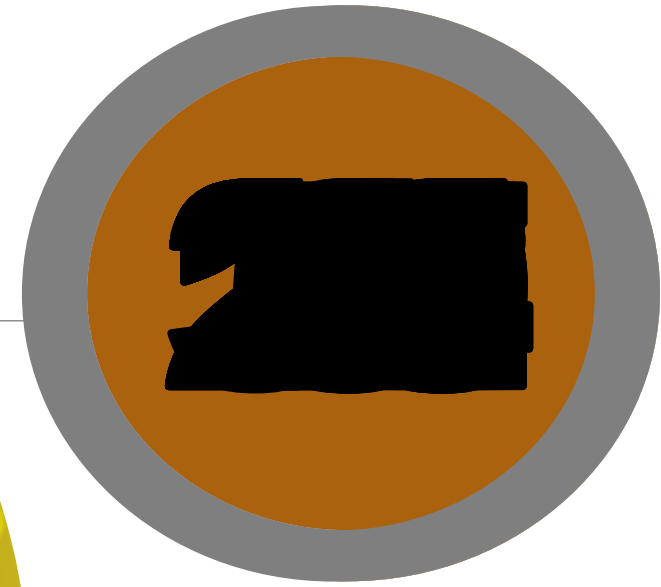


# Wheel of Fortune Fitness

1 – Click anywhere on the wheel to start/stop spinning.

2 – Click on the timer to start.

3 – Press the back arrow key (  ) to reset the timer.



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# TASK 3 – NANDOS 550 CHALLENGE

## Rules:

1. The timer doesn't stop until after your 550th rep.
2. Rest when you need it...
3. Work from 10 up to 100 – how far can you get without stopping?
4. Have 3 attempts across the week, what will be your best time?

## Determination and Resilience



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100	Jumping Jacks
90	Mountain Climbers
80	Squats
70	Punches
60	Sit Ups
50	Lunges
40	High Knees
30	Ski Jumps
20	Press Ups
10	Burpees

- The aim of Connect 4 is to get 4 in a row!
- You can complete this work out alone or you can compete against someone in your household.
- The colour of the circle indicates the difficulty level – try to include a variety in your workout.
- You can do this workout multiple times by completing different rows.
- You cannot move on to exercise 2 until you have completed and checked off exercise 1.

**Use a stop watch or phone to time yourself and see how long it takes you to complete 4 exercises in a row (horizontal/ vertical/ diagonal).**

# TASK 4 - CONNECT 4 FITNESS

15 sit ups	10 press ups	30 punches	30 arm circles	20 sit ups	15 press ups	50 punches	40 arm circles
10 leg raises	20 lunges	20 step ups	10 ice skaters	15 leg raises	30 lunges	30 step ups	20 ice skaters
30 sec plank	10 squat jumps	10 burpees	10 side shuffles	1 min plank	15 squat jumps	20 burpees	15 side shuffles
25 star jumps	15 squats	10 bicycle crunches	10 lunge jumps	30 star jumps	20 squats	20 bicycle crunches	15 lunge jumps

**SALs: Core Stability and Strength**



# TASK 5 – HAND-EYE COORDINATION



Below are a series of hand-eye coordination practices. You should ideally practice these with a tennis ball/small ball but if you don't have one then be **creative** use any other safe, small and round object (eg. apple or orange)

After each round note down how many of the 50 you complete without dropping.

If you find the task easy, challenge yourself by throwing the ball higher and introducing a fitness forfeit for every time you drop the ball.

## Coordination and Fluency



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# TASK 5 – HAND-EYE COORDINATION



Activity 1: Throw right hand and catch with both hands (x50)

Activity 2: Throw left hand and catch with both hands (x50)

Activity 3: Throw right hand and catch with left hand (x50)

Activity 4: Throw left hand and catch with right hand (x50)

Activity 5: Throw with either hand off a wall and catch (x50)

**only with parental permission and a ball that bounces**

Activity 6: Bounce off the floor and catch (x50)

**only with parental permission and a ball that bounces**

Activity 7: Throw with either hand, clap, and then catch with both hands (x50)

**Coordination and Fluency**



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# TASK 6 – FIFA CHALLENGE

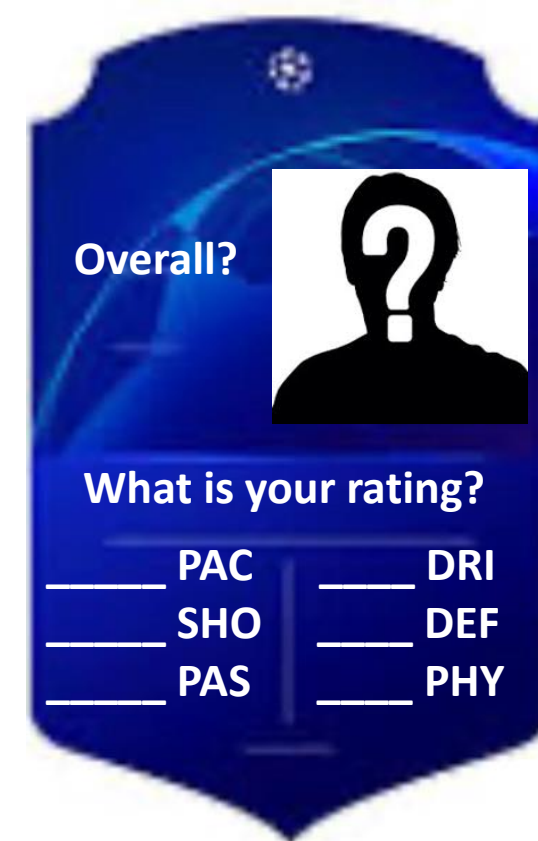


Complete the following 6 challenges to determine your FIFA 21 rating.

Calculate your overall rating by adding all your scores together and dividing by 6.

**Speed & Core Stability and Strength**

**Balance and Control & Coordination and Fluency**



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# TASK 6 – FIFA CHALLENGE



<https://www.youtube.com/watch?v=k3BjFzpUtqw>

## PACE

Mark out two points 10 metres apart. The number of shuttle runs you can complete in 2 minutes is your pace rating. If you do not have enough space then use a 5m area but half your score.



<https://www.youtube.com/watch?v=X561U1FESRE>

## SHOOTING

To test your accuracy the challenge is to chip the ball into a bin. Each shot you score in 5 minutes is worth 10 points towards your score. Trick shots like in the video are worth double.



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# TASK 6 – FIFA CHALLENGE



[https://www.youtube.com/  
watch?v=HG7KbNqhszo](https://www.youtube.com/watch?v=HG7KbNqhszo)

## PASSING

How many volleys can you play against a wall, using both feet, without the ball dropping? Your record is your passing rating. Watch the video in the link for a demo.



[https://www.youtube.com  
/ watch?v=gNqQJkLK1IU](https://www.youtube.com/watch?v=gNqQJkLK1IU)  
**DRIBBLING**

Use cones or other items from around the house as markers. Try to complete the 8 different challenges in the video without hitting the cones. 10 points for each level you complete without hitting cones. Bonus 5 points for doing a challenge in under 10 seconds (minimum 7 cones)



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# TASK 6 – FIFA CHALLENGE



<https://www.youtube.com/watch?v=PpDkCTn2Be8>

## PHYSICAL

Count how many push ups you can do in 30 seconds, sit ups in 30 seconds and squats in 30 seconds, then add them all together to get your score for the physical rating.



<https://www.youtube.com/watch?v=K9TsiTINT4k>

## DEFENDING

As a defender it is important to be able to control the ball from a height. Set up a relatively small area and try to throw the ball high in the air and control it in the area. 10 points for every time you control the ball in the area in 90 seconds.



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# TASK 7 – HOME WORKOUTS



Choose to complete either one, two or all 3 of the following home workouts. All workouts require no equipment and minimal space.

Simply scan the QR code with the camera on your mobile phone and follow the link.

**Core Stability and Strength** & **Determination and Resilience**





# TASK 8 – FUN IN THE SUN



Despite being unable to travel to certain places due to COVID-19 restrictions, in this task we are still managing to get away on our holidays.

Complete the different exercises as many times as you can to earn miles for your trip.

Your holiday destination is determined by the number of miles you can accumulate during your workout.

Challenge yourself and see if you can be living your best life in **Tenerife!**

## RULES:

- You have 30 minutes to get as far as you can.
- You must complete each exercise at least once.
- Keep a track of the exercises you do as you complete them.
- Add up your miles at the end (use a calculator if need be).
- Ensure you know how to complete each exercise before starting. If you are unsure, search the exercise on google/youtube and then get started!



twinkl.com



# TASK 9 – FUN IN THE SUN



## EARN YOUR HOLIDAY MILES!

- 20 star jumps – 10 miles
- 20 mountain climbers – 10 miles
- 30 sec plank – 15 miles
- 10 burpees – 20 miles
- 10 press ups – 20 miles
- 10 sit ups – 20 miles
- 10 squat jumps – 20 miles
- 1 minute plank – 35 miles

## HOW FAR CAN YOU GO?

- Aberdeen – 110 miles
- Manchester – 238 miles
- London – 437 miles
- Brussels - 650 miles
- Amsterdam – 757 miles
- Madrid – 1050 miles
- Milan – 1190 miles
- Tenerife – 2540 miles

SALs: Core Stability and Strength + Determination and Resilience



# TASK 10 – TWO FOR TUESDAYS



1

## PLACE YOUR ORDER

*Small Cheese: 240 calories*

*Medium Pepperoni: 453 calories*

*Large Chicken BBQ: 740 calories*

2

## CHOOSE EXERCISES

*Skipping 1 min: 10c*

*Running on the spot 1 min: 10c*

*10 kneel down stand up: 10c*

*High knees 1 min: 10c*

*10 burpees: 20c*

*25 star jumps: 20c*

*50 air punches: 20c*

*15 squats: 20c*

3

## RECORD HOW MANY TIMES YOU COMPLETE EACH EXERCISE

4

## ADD UP YOUR SCORE

*Did you manage to burn off your pizza?*

**Problem Solving & Stamina**



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