

## AT HOME PE

Each week you should try to complete **at least two activities** from the numerous videos on these various Youtube playlist pages listed in Section 1 & 2.

1. Choose one that you would like to do from the “This is PE” page in Section 1
2. Then for your second session choose something which is a different type of activity from any of the other links in Section 2.
3. Use one of the Warm Up links below to make sure you warm up for a few minutes before you start the activity.
4. Please follow the safety guidance\* listed below while doing any of the activities.

<b>Warm Ups</b>	<ul style="list-style-type: none"> <li>• <a href="https://www.youtube.com/watch?v=aW_JqSK-CgY&amp;list=RDCMUCLiBigoW1uxxMGtVIGTGwMw&amp;start_radio=1&amp;t=33">https://www.youtube.com/watch?v=aW_JqSK-CgY&amp;list=RDCMUCLiBigoW1uxxMGtVIGTGwMw&amp;start_radio=1&amp;t=33</a> (generic warm up)</li> <li>• <a href="https://www.youtube.com/hashtag/dancealong">https://www.youtube.com/hashtag/dancealong</a> (dancing warm ups)</li> </ul>
<b>SECTION 1</b>	<p>“This is PE” at home PE Multi-sports sessions (Yorkshire Sport Foundation) - <a href="https://www.youtube.com/hashtag/thisispe">https://www.youtube.com/hashtag/thisispe</a></p>
<b>SECTION 2</b>	<p>Football (West Bromwich Albion Foundation) – <a href="https://www.youtube.com/playlist?list=PLQ1wJXNM_IDlzPwBi5rHwsOMWXlyw4b7U">https://www.youtube.com/playlist?list=PLQ1wJXNM_IDlzPwBi5rHwsOMWXlyw4b7U</a></p>
	<p>Cricket (Chance to Shine) - <a href="https://www.youtube.com/playlist?list=PLdD6u9OsMyMva1KFhkHZiv8f2Q9xiwHT-">https://www.youtube.com/playlist?list=PLdD6u9OsMyMva1KFhkHZiv8f2Q9xiwHT-</a> They also do a weekly live lesson on Wednesdays from 2:00-2:45pm (Subscribe free here): <a href="https://www.youtube.com/watch?v=btflr02RzmE&amp;list=PLdD6u9OsMyMsl0Ns5tqlR6osNF6kx6u5g&amp;index=3">https://www.youtube.com/watch?v=btflr02RzmE&amp;list=PLdD6u9OsMyMsl0Ns5tqlR6osNF6kx6u5g&amp;index=3</a></p>
	<p>Netball (England Netball) – <a href="https://www.youtube.com/hashtag/takenetballhome">https://www.youtube.com/hashtag/takenetballhome</a></p>
	<p>Fitness HIIT Workouts (Joe Wicks “Body Coach”) – <a href="https://www.youtube.com/playlist?list=PLyCLOPd4VxBuS4UeyHMccVAjpWaNbGomt">https://www.youtube.com/playlist?list=PLyCLOPd4VxBuS4UeyHMccVAjpWaNbGomt</a></p>
	<p>Yoga (Cosmic Kids Yoga) - <a href="https://www.youtube.com/c/CosmicKidsYoga/featured">https://www.youtube.com/c/CosmicKidsYoga/featured</a></p>
	<p>KS2 Dance (BBC Teach: Physical Education) - <a href="https://www.youtube.com/results?search_query=bbc+teach+dance+physical+education">https://www.youtube.com/results?search_query=bbc+teach+dance+physical+education</a></p>
	<p>Gymnastics (British Gymnastics) - <a href="https://www.youtube.com/results?search_query=%23gymnastsathome&amp;sp=QhASDmd5bW5hc3RzYXR0b21l">https://www.youtube.com/results?search_query=%23gymnastsathome&amp;sp=QhASDmd5bW5hc3RzYXR0b21l</a></p>

## **\* Safety when doing PE at home:**

### **CHILDREN**

#### **Remember:**

- You must have a grown up with you when you do your home PE (maybe they could join in!)
- The activities should take place in a space big enough for you to move around safely (preferably outside where possible, and including above your head!).
- Ensure your space is safe for you to exercise in - make sure there is nothing you could fall over or into nearby and hurt yourself.
- Use non slip trainers on your feet
- Make sure the floor is not slippery and doesn't have anything sharp lying on it
- Wear comfortable clothing, and put hair up (if needed) and remove any jewellery/ watches etc.

### **PARENTS & CARERS**

Parents and carers are responsible for ensuring that children follow the correct safety advice provided at the start of any activity and the instructions the leader or information gives for the activity. Also that children are wearing appropriate clothing to take part in each activity and have sufficient space to do the task safely. Parents and carers are responsible for supervising activities where required and for seeking medical advice in advance if your child has a medical condition that may prevent them taking part in physical activity.