Research one of your sporting heroes. This could be an Olympian, footballer, surfer or anyone who inspires you.

Create a fact file, poster or biography about them.

E.g. Ben Stokes (Cricketer)

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Research and watch videos of an Olympic sport you have never heard of such as Fencing or Curling!

How could you teach your friends about this?

- What are the rules?
- How many players?
- Are there any famous athletes from this event?

Learn or choreograph a dance to your favourite song.

You could use YouTube for inspiration. Try searching 'dance routine for Dance Monkey' or another song of your choice!

Could you perform this to your family?

PE Home Learning

Play a game of Tennis, Badminton, Football or other sport in your garden or an open space nearby.

Go for a short walk, jog or run with a family member or pet Have a go at a HITT workout - look up Joe Wicks Kids on YouTube.

Could you create your own workout on the cards on school's website?



Complete a yoga tutorial - again there are lots of these available on YouTube.

Could you create your own yoga routine based on the cards on school's website?



Useful links, websites and apps

Go Noodle: Dance website get moving at home https://app.gonoodle.com/discover

Jump Start Jonny: Energising dances and aerobic activities

https://www.jumpstartjonny.co.uk/home

DownDog: App for free yoga during home learning https://www.downdogapp.com/web

Adriene: Yoga videos for beginners (30 day challenge) https://www.youtube.com/watch?v=--

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Cosmic Kids: Yoga and mindfulness in a fun context

https://www.youtube.com/user/CosmicKidsYoga

Joe Wicks: HIIT (High Intensity Interval Training) for kids

https://www.youtube.com/watch?v=EXt2jLRlaf8