

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)



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

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?

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?



