

PE ideas from Mr Brown 😊

Activities for ball skills

1. Stand a metre away from a wall. How many times can you catch the tennis ball in 1 minute? Why not make it a competition against a sibling or a parent, or if you are doing it on your own, try and improve your personal best score.
2. Keepy Uppies with a football. How many can you do in a row ? (Remember you can use your head, chest and knees as well as your feet). If you can do 4+ in KS1 that is brilliant. Target for KS2? Can you get over 7? I could only do 5 when I was in Year 4? Can you beat Mr Brown????
3. If you have a badminton set, how many rallies can you do in a row with a sibling or a parent? (My record with my 10 year old daughter is 346 !!!!) Anything over 8 for KS1 is great and over 15 for KS2 is your target.

Fitness

Can you try and walk at least 2 miles a day, or if you have a watch that records steps, can you do more than 6,000 a day?

Strength

Why not try a mini circuit like the one below. Have at least 1 minute rest between sets.

| Exercise | KS1 | KS2 |
|------------|----------------------------|------------------------------------|
| Plank | 30 sec | 1 min (or whatever you can manage) |
| Star Jumps | 30 sec | 1 min |
| Plank | 30 sec | 1 min |
| Press ups | 30 sec | 1 min |
| Plank | 30 sec | 1 min |
| Squats | 30 sec | 1 min |
| Plank | 30 sec | 1 min |
| Sit Ups | 30 sec | 1 min |
| Plank | For as long as you can!!!! | |

This session doesn't need any equipment and will really strengthen your core muscles. You will be sore after this!