

PE at home

Try to complete two active PE sessions a week. Below are some ideas of activities you could try.

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.

Warm Ups	<ul style="list-style-type: none">• https://www.youtube.com/watch?v=aW_JqSK-CgY&list=RDCMUcliBigoW1uxxMGtVIGTGwMw&start_radio=1&t=33 (generic warm up)• https://www.youtube.com/hashtag/dancealong (dancing warm ups)
SECTION 1	“This is PE” at home PE Multi-sports sessions https://www.youtube.com/hashtag/thisispe
SECTION 2	Football https://www.youtube.com/playlist?list=PLQ1wJXNM_IDlzPwBi5rHwsOMWXIyw4b7U
	Netball (England Netball) https://www.youtube.com/hashtag/takenetballhome
	Fitness HIIT Workouts (Joe Wicks “Body Coach”) https://www.youtube.com/playlist?list=PLyCLOpd4VxBuS4UeyHMccVAjpWaNbGomt
	Yoga (Cosmic Kids Yoga) https://www.youtube.com/c/CosmicKidsYoga/featured
	KS2 Dance (BBC Teach: Physical Education) https://www.youtube.com/results?search_query=bbc+teach+dance+physical+education
	KS1 PE – Jungle exercise for kids https://www.youtube.com/watch?v=pJGqlla4Dbw

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

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.
- 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
- Wear comfortable clothing, and put hair up (if needed)

