

Summer 2 Week 8 PE activities

Remember to keep as active as possible; this week a variety of activities to try. Also, remember to check out the Queensgate Website - go to the Children tab and scroll down to PE.

The BBC bitesize now has a PE Section. Keep fit and healthy in the holidays.

60 Second Challenge Obstacle Course

How will you move to make sure your jump as many as you can?

The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.

#StayHomeStayActive



Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold 45 points	
Achieve Silver 30 points	
Achieve Bronze 15 points	

 **Complete P.E.**
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22ND – 26TH JUNE

F82 – YEAR 10

ACTIVITY 6 PLANK FOR POINTS

DESCRIPTION

Plank for as long as you can for a maximum time of 3 minutes using the same position as in the diagram. Get somebody to time for you.

Tips: Use an exercise or yoga mat for comfort. Try and avoid completing the task on hard surfaces. Keep your back flat, don't stick your bum in the air.



EQUIPMENT REQUIRED

Stopwatch

HOW TO SCORE

Simply record how long you can plank for in minutes and seconds.

Record your performance on the scoresheet.

When submitting your scores, tick the relevant time bracket box.

Scan the QR Code link to watch a useful video



SCAN ME

Consider the School Games Values when completing the activities!



Why not get your parents to tweet us photos and video updates?

#ForgeSSP
#PointsLN
#LinksSSP
#SheffieldVirtualSchoolGames
#StayAtHomeOut



THE LINKS



SCHOOL GAMES

FORGE

points



#stayhomestayactive

@PEatHome1

EXPLORE

Shooting is an important skill in football.

For this practice, you will need a ball.

Stand opposite a wall with the ball at your feet.

How many different parts of the foot can you use to strike the ball against the wall?

Bright Ideas

- Can you use the inside of your foot?
- Can you use the outside of your foot?
- Can you use your laces to strike the ball?
- Can you use your left foot then your right foot?

Which method produces most power behind the ball?

Which method produces the most accuracy?



Now try striking the ball with your laces – make sure you are balanced before you start!

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Football?

PRACTICE

For this practice, you will need ten markers or cones.

Place the markers a distance apart and stand a confident distance away from you cones. Strike the ball, using your laces and try to get it to go in between the two cones. Every time you hit the target, you get one point. How many goals can you score in 1 minute?

For more of a challenge, get a family member to roll the ball to you. Strike the ball first time and see how many goals you can score!



Can you invent your own goal celebration?

History Challenge!



Liverpool and Egypt footballer, Mo Salah won the PFA Player of the Year in 2018. Ancient Egypt is famous for its pyramids and pharaohs.

- Tutankhamun was 8 years old when he became Pharaoh of Egypt in 1334.
- Can you find out 5 more facts about him?
- When was Tutankhamun's tomb discovered and who found it?
- Can you name 3 other Pharaohs?
- What interesting facts can you find out about these Pharaohs?

Foreign Languages Challenge!



- N'Golo Kante, Mesut Özil, David Silva and Daniel James are Premier League Footballers.
- Can you find out which country they were born in?
- Can you find 10 words that would be spoken in these countries?
- Can you try to form a sentence with these languages?

DEVELOP

Ask someone in your family to help you with this practice.

Use your goal that you set out in the last task. Get your family member to deliver the ball to you in different ways; rolling the ball from the left, rolling the ball from the right, bouncing the ball to you, throwing the ball over your shoulder. Can you score a goal with the ball coming to you in different ways?



Wembley is England's national football stadium.

Can you name 5 stadiums where Premier League football clubs play?

Design your own football stadium!

- What would it look like?
- What colours would your team have?
- What would the club's badge look like?



Parent's Tip!

Move the cones further apart when shooting to support success – the closer the cones, the more challenging the task is. Deliver the ball in different ways to your child to increase the difficulty of the shot – if the ball is bouncing, this is more challenging!



Make sure you have enough room to complete the tasks.

KS2