

## **PE Spring 2**

This term we're going to put up an exercise menu rather than a programme to follow each week.

It's important that you move your body during lockdown as it's not only good for your physical health but your mental health too. However, we do recognise that you might have your ideas and ways of being active so here are a few ideas in case you don't

### **Workout with Ryan's world:**

[click here](#)

[click here](#)

### **Body coach:**

Joe wicks is continuing to do his live workout sessions on Mondays, Wednesdays and Fridays.

[Click here 1](#)

[Click here 2](#)

[Click here 3](#)

### **Oak academy:**

These lessons do require equipment which can easily found around the house.

[lesson 1 running, jumping and throwing](#)

[Lesson 2 jumping over obstacles](#)

[Lesson 3 changing direction](#)

## **Offline ideas for keeping active**

- Hide the teddy- get someone in your family to hide a teddy  
how quickly can you find it?
- Kitchen disco- turn the lights off, get some fairy lights or  
torches and your favourite tunes and have a kitchen boogie.
- Treasure hunt walk - give each member of your family 3  
different things to find or spot on your walk. Who will be  
the first to find them whilst you're out?
- Balloon volley ball you could set this up in living room  
how many passes can you do before it drops?
- Make your own activity stations and set a timer for one  
minute. Who can do the most reps? Can you beat you  
highest score?
- Go for a bike ride

Have fun and try your best to keep active