Moggerhanger Primary School

Year 1 & 2

Physical Education

Lockdown Pack

Miss Corke





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| Date | Activity | Resources |
| 07/01/2021 |  Keep on the Move | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Keep%20on%20the%20Move.pdf>Video <https://www.youtube.com/watch?v=ZdZ-iqIxF4s>  |
| 11/01/2021 | Treasure Chest | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Treasure%20Chest.pdf>Video<https://www.youtube.com/watch?v=xFrgTzhAahw&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=34&t=0s>  |
| 14/01/2021 | Wacky Races | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Wacky%20Races.pdf> Video<https://www.youtube.com/watch?v=juEOiVZgW84&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=35&t=0s>  |
| 18/01/2021 | Boccia  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Boccia.pdf>Video <https://www.youtube.com/watch?v=As6l8e6tTJc>  |
| 21/01/2021 |  Target Treasure  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Target%20Treasure.pdf> Video<https://www.youtube.com/watch?v=N9XU5YKLbx8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=32&t=0s>  |
| 25/01/2021 | Target Treasure Level 2  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Target%20Treasure%20Level%202.pdf>Video <https://www.youtube.com/watch?v=4tGFEjUz_X4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=31&t=0s>  |
| 28/01/2021 | Balance Time | Help Sheet<https://www.youthsporttrust.org/sites/default/files/Balance%20Time.pdf> Video<https://www.youtube.com/watch?v=jscbqUkVpVo&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=3&t=0s> |
| 01/02/2021 |
| 04/02/2021 | Sequence Champions | Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Sequence%20Champions.pdf> Video<https://www.youtube.com/watch?v=sIElQTPVc3Q&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=15&t=0s>  |
| 08/02/2021 |
| 11/02/2021 | Ship Shapes | Help sheet <https://www.youthsporttrust.org/sites/default/files/Ship%20Shape.pdf> Video<https://www.youtube.com/watch?v=-LJw_i5wo94&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=16&t=0s>  |
| 15/02/2021 |
| 18/02/2021 | Three in a row |  Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Three%20in%20a%20Row.pdf> Video<https://www.youtube.com/watch?v=RMYAqevbtms&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=20&t=0s>  |
| 22/02/2021 |
| 25/02/2021 | Top Ten | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Top%20Ten.pdf>Video<https://www.youtube.com/watch?v=b4vVh6qEwKk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=21&t=0s>  |
| 01/03/2021 |
| 04/03/2021  | Blast off | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Blast%20Off.pdf> Video<https://www.youtube.com/watch?v=lLBI5KvarD8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=24&t=0s>  |
| 08/03/2021  |
| 11/03/2021 | Rolling Golf | Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Golf%20Rolling.pdf> Video<https://www.youtube.com/watch?v=Loyh6M01S7k> |
| 15/03/2021  |
| 18/03/2021 | Target TreasureFamily Tournament | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Target%20Treasure.pdf> Video<https://www.youtube.com/watch?v=N9XU5YKLbx8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=32&t=0s> |
| 22/03/2021  | Wacky Races Family Tournament | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Wacky%20Races.pdf> Video<https://www.youtube.com/watch?v=juEOiVZgW84&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=35&t=0s> |
| 25/03/2021 | Boccia Family Tournament  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Boccia.pdf>Video <https://www.youtube.com/watch?v=As6l8e6tTJc> |

Moggerhanger Primary School

Year 3 & 4

Physical Education

Lockdown Pack

Miss Corke





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| Date | Activity | Resources |
| 07/01/2021 | Cross the River  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Cross%20the%20River.pdf> Video<https://www.youtube.com/watch?v=xp5ClsXs-b8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=8&t=0s>  |
| 11/01/2021 | Noughts and Crosses  | Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Noughts%20and%20Crosses.pdf> Video<https://www.youtube.com/watch?v=EG4ju1KmG0g>  |
| 14/01/2021 | Race Across the River | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Race%20across%20the%20River.pdf>Video<https://www.youtube.com/watch?v=ywIw7QTsUYo&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=28&t=0s>  |
| 18/01/2021 | Save the Treasure  | Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Save%20the%20Treasure.pdf> Video<https://www.youtube.com/watch?v=kjPw0UqNBFg>  |
| 21/01/2021 | The Blue Egg | Help Sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20The%20Blue%20Dice.pdf>Video <https://www.youtube.com/watch?v=8E3ZHUGKek8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=19&t=0s>  |
| 25/01/2021 | Target Treasure Level 2  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Target%20Treasure%20Level%202.pdf>Video <https://www.youtube.com/watch?v=4tGFEjUz_X4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=31&t=0s>  |
| 28/01/2021 | Feeling Flexible  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Feeling%20Flexible.pdf> Video <https://www.youtube.com/watch?v=J7ymsKEgKtw&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=36&t=0s>  |
| 01/02/2021 |
| 04/02/2021 | Super Strength | Help sheet <https://www.youthsporttrust.org/sites/default/files/Super%20Strength.pdf>Video<https://www.youtube.com/watch?v=0bjCC2dJ0Ps&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=30&t=16s>  |
| 08/02/2021 |
| 11/02/2021 | Healthy Hearts | Help sheet<https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf> Video<https://www.youtube.com/watch?v=Uj4ytgX77bM>  |
| 15/02/2021 |
| 18/02/2021 | Boccia  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Boccia.pdf>Video <https://www.youtube.com/watch?v=As6l8e6tTJc>  |
| 22/02/2021 | Battleships  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Battleships%20.pdf> Video<https://www.youtube.com/watch?v=ltZDzlEeP_4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=4&t=0s>  |
| 25/02/2021 | Battleships Level 2 | Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Battleships%20Level%202.pdf>Video<https://www.youtube.com/watch?v=V22Mbjk4vYo>  |
| 01/03/2021 | Continuous Battleships  |  Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Continuous%20Battleships.pdf>Video <https://www.youtube.com/watch?v=MYhdxEcfwDs&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=7&t=0s>  |
| 04/03/2021  | Top Ten | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Top%20Ten.pdf>Video<https://www.youtube.com/watch?v=b4vVh6qEwKk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=21&t=0s>  |
| 08/03/2021  | Blast off | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Blast%20Off.pdf> Video<https://www.youtube.com/watch?v=lLBI5KvarD8&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=24&t=0s> |
| 11/03/2021 | Jumping Dice |  Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf> Video <https://www.youtube.com/watch?v=ufTx2tiT_VQ&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=25&t=0s> |
| 15/03/2021  | Rolling Penalties  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Rolling%20Penalties.pdf> Video <https://www.youtube.com/watch?v=h0D9IO89F5Y>  |
| 18/03/2021 | Noughts and Crosses Family Tournament  | Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Noughts%20and%20Crosses.pdf> Video<https://www.youtube.com/watch?v=EG4ju1KmG0g>  |
| 22/03/2021  | Boccia Family Tournament  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Boccia.pdf>Video <https://www.youtube.com/watch?v=As6l8e6tTJc>  |
| 25/03/2021 | Battleships Family Tournament  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Battleships%20.pdf> Video<https://www.youtube.com/watch?v=ltZDzlEeP_4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=4&t=0s>  |

Moggerhanger Primary School

Year 5 & 6

Physical Education

Lockdown Pack

Miss Corke





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| Date | Activity | Resources |
| 07/01/2021 | Feeling Flexible  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Feeling%20Flexible.pdf> Video<https://www.youtube.com/watch?v=J7ymsKEgKtw&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=36&t=0s>  |
| 11/01/2021 |
| 14/01/2021 | Healthy Hearts  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf> Video<https://www.youtube.com/watch?v=Uj4ytgX77bM>  |
| 18/01/2021 |
| 21/01/2021 | Super Strength | Help sheet <https://www.youthsporttrust.org/sites/default/files/Super%20Strength.pdf> Video<https://www.youtube.com/watch?v=0bjCC2dJ0Ps&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=30&t=16s>  |
| 25/01/2021 |
| 28/01/2021 | General Fitness Circuit  | Complete the fitness resource cards in any order you like. In a pair or individually, do the activity shown on the card for 30 seconds. Ask your partner to count how many you do of that activity within the 30 seconds. If you do not have a partner count for yourself. Once you have completed the first activity swap with your partner. You become the counter and they complete the activity. See who gets the most within the 30 seconds. The winner gets one point. For activities such as the plank, the wall sit and the stretches you want to see if you can hold that position for the full 30 seconds, if not you lose a point every time you come out of the position stated on the activity card. Maybe you could play this with the whole household.  |
| 01/02/2021 | Muscular Endurance Circuit | Complete the fitness resource cards in any order you like. In a pair or individually, do the activity shown on the card for 1 minute. Ask your partner to count how many you do of that activity within the 1 minute. If you do not have a partner count for yourself. Once you have completed the first activity swap with your partner. You become the counter and they complete the activity. See who gets the most within the one minute. The winner gets one point. For activities such as the plank, the wall sit and the stretches you want to see if you can hold that position for the full 1 minute, if not you lose a point every time you come out of the position stated on the activity card. Maybe you could play this with the whole household. |
| 04/02/2021 |
| 08/02/2021 | Flexibility Circuit  | Complete the fitness resource cards in any order you like. Read the instructions on the fitness card. This week you hold the stretch for 15 seconds. |
| 11/02/2021 | Challenge yourself. Complete the fitness resource cards in any order you like. Read the instructions on the fitness card. This week you hold the stretch for 30 seconds. |
| 15/02/2021 | Cardiovascular Endurance Circuit  | Complete the fitness resource cards in any order you like. Do the activity shown on the card for 1 minute.  |
| 18/02/2021 | Complete the fitness resource cards in any order you like. Do the activity shown on the card for 1 minute 30 seconds. |
| 22/02/2021 | Balance Circuit  | Complete the balance resource cards in any order you like. Hold them for 1 minute. Give yourself one point for each time you complete a balance fitness card.  |
| 25/02/2021 | Test yourself- Complete the balance resource cards in any order you like. Hold them for 2 minutes. Give yourself one point for each time you complete a balance fitness card. Try to compete with someone else in your home. Who will get the most points?  |
| 01/03/2021 | Strength Circuit  | Complete the fitness resource cards in any order you like. In a pair or individually, do the activity shown on the card for 1 minute. Ask your partner to count how many you do of that activity within the 1 minute. If you do not have a partner count for yourself. Once you have completed the first activity swap with your partner. You become the counter and they complete the activity. See who gets the most within the one minute. The winner gets one point. For activities such as the plank, you want to see if you can hold that position for as long as you can and record your best time. Maybe you could play this with the whole household. |
| 04/03/2021  |
| 08/03/2021  | Yoga and Mindfulness | Complete the yoga resources cards. It is important you take your time with these activities and relax while completing them. Try to control your breathing taking deep breaths, inhaling, and exhaling as you go. Hold the yoga poses between 8-10 seconds to get the full effect of the stretch then transition into the next pose. RELAX!!!  |
| 11/03/2021 |
| 15/03/2021  | YOUR TURN TO CHOOSE!! | Pick wisely. It’s your turn to choose your favourite workout and complete it again!  |
| 18/03/2021 | Battleships Family Tournament  | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Battleships%20.pdf> Video<https://www.youtube.com/watch?v=ltZDzlEeP_4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=4&t=0s>  |
| 22/03/2021  | Noughts and Crosses Family Tournament  | Help sheet<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Noughts%20and%20Crosses.pdf> Video<https://www.youtube.com/watch?v=EG4ju1KmG0g>  |
| 25/03/2021 | Boccia | Help sheet <https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Boccia.pdf>Video <https://www.youtube.com/watch?v=As6l8e6tTJc> |