**Home Learning**

**PE**

Hello Squirrels,

Below there are some PE that you can do at home.

First of all lets…



<https://www.youtube.com/watch?v=oe_HDfdmnaM>

Now let’s get onto the main session:

**PE:** Try any one of these PE challenges!

Challenge 1: <https://youtu.be/c9lm8Y7koqE>

Challenge 2: <https://youtu.be/JfSl3G0p4u0>

Challenge 3: <https://youtu.be/LmaIiYTYQiw>

**Alternatively,** here are the challenges explained below:

**Challenge 1 (around the sock):** This challenge will test the upper body and core strength. Arrange 4 socks as shown here. Set up a time for 20 seconds. When the timer starts push up and use your hands to walk your body in a circle like a hand clock.

How many quarter turns can you complete in 20 seconds?



**Challenge 2 (sock throw roll):**Build a stack of 4 toilet rolls as a target. Stand at a distance from the target – with your feet, measure a distance equal to your age. For example if you are 6 years old stand at least 6 foot lengths from the target. Using a pair of socks try and knock down the toilet roll tower.



**Challenge 3 (baby shark):**Lay on your back, keep your legs straight, lift your feet about 15 – 20cm off the ground. Open your legs until your feet are a least shoulder width apart and then bring them together again *– Remember try to keep your legs straight throughout this exercise.*

How many of these can you manage in 10 seconds?





**EXTENSION:** Can you come up with your own PE challenge, maybe you can try it out on someone at home!