**Home Learning – Monday 1st March 2021**

**PE**

We are continuing with athletics this term. Today we will concentrate on our sprinting and hurdles.

You will need:

* 6 similar height obstacles for hurdles (teddy bears and shoes would be perfect)
* 2 rulers (or similar) for start and finish posts set 10 strides apart. A stride is the longest step you can take.

Remember to warm up before you start. Maybe go for a walk, or complete a selection of the following exercises:

60 seconds of jogging on the spot x25 star jumps

X15 press ups x15 sit ups

X25 squats x15 burpees

Exercise 1

 Stand behind your start line and run on the spot for 10 steps. Repeat this 3 times each time running faster.

Next run on the spot for 10 steps then sprint to your finish line. Repeat this 5 times. Consider which foot is easiest to take off from.

Exercise 2

Next start on your back, begin with your head behind your start line. Practise getting up from your back to standing a few times. Which way is easiest for you, can you find the quickest technique. Then try this 5 times.

Exercise 3

Now spread out your hurdles, place 1 every 3rd stride. Try your hardest not to touch or kick the hurdles.

**Top Tips**

Keep your head up and look towards the finish line.

Use your arms to help you run. They are thrusting you forward and helping you balance.