

Home Learning PE for Sycamore Class.

Lesson Objective - to copy a simple dance routine.

Sherborne movement activity:

Sit on the floor with your legs crossed

Self: rub your knees for 5 seconds, aeroplane movement going fast, slow, big and small.

With one hand squeeze the opposite shoulder, elbow and then wrist. Squeeze each finger gently to the end and go pop. Repeat on the other side.

Slide your hands down the outside of your legs, all the way to your ankles and wiggle your toes. Wind screen wipers with your feet, in and out for 10s, side to side for 10s.

Core: slowly close your eyes and mouth over a few seconds and then quickly open them. Curl up hands slowly for a few seconds and then open them fast. Slowly bring your arms and legs into your body and then spring open. Repeat.

Lie on back and raise your arms in the air and shake them like you just don't care. Repeat with legs. Repeat with both.

Share: sit back to back with a sibling/parent/carer. Put hands out to the side and rock from side to side for 6 rocks then backwards and forwards for 6 and repeat.

Main: follow the dance teacher on YouTube. [Dance at Home Challenge - Key Stage 1! - YouTube](#)

Cool down: lie on your back and make a snow angel. Lift one leg, then the other, lift one arm and then the other. Curl in a ball and then stretch as wide as you can – repeat.

PE Enrichment:

Learning objective: exploring exercise and practising throwing accuracy

How does your body feel before exercise? Cool? Relaxed?

Warm up – jumping beans. Can you remember? Jumping beans, broad bean, baked bean, chilly bean, sun bean, dizzy bean, runner bean, French bean. **How does your body feel now?**

Main: Mr. Gardner's Challenge:

Equipment: several pairs of rolled up socks, a basket/box/container, an empty plastic bottles

1. Find a space do 10 star jumps as best as you can.
2. Put the basket/box/container 3 steps away and try to throw the socks in. after three successful throws move back one step and repeat.
3. Run on the spot for 15s and lift your knees up.
4. Set up the empty bottles and roll the socks at them like skittles.
5. Jump on two legs for 10 jumps, jump on each leg for 5 jumps
6. Throw the sock in the air (watch out for lights) and see if you can catch it with 2 hands, then one hand. Then see how many claps you can do whilst it is in the air. Make sure you catch it!
7. Stand a step away from the wall. Place your hands on the wall and do 10 push ups. Your elbows should bend and your nose should touch the wall.

8. Throw and catch with a sibling/parent/carer. See how many you can do in 1 minute. Then with each successful 3 throws take a step back.
9. Put on your favourite song and dance freestyle
10. Explore and make up your own game using the socks.

Talk about how your body feels now. Are you tired? Do you feel energised?

Cool down: lie on your back and make a snow angel. Lift one leg, then the other, lift one arm and then the other. Curl in a ball and then stretch as wide as you can – repeat.