

## PE Resources

- On YouTube you can learn these dances (and lots more) by following the steps led by professional dancers;

'Oti Mabuse and Marius Lepure Shrek kids dance class'

'Oti Mabuse and Marius Lepure Jungle book kids class'

'Oti Mabuse and Marius Lepure Mary Poppins dance class'

- Make a fitness circuit in your garden / living room for you and your family to complete. Remember a circuit means you work for a short time e.g. 1 minute then you rest e.g. for 30 seconds. Use the exercises we have done in our fitness lessons (plank, shuttle runs, high knees, stars jumps, burpees, skipping, speed bounce etc.). Ensure everyone warms up and cools down before and after completing the circuit.
- Create an 'Activity Log' and record how active you are each day. Include any activity which increases your heart rate for at least 5 minutes e.g. a brisk walk, Joe Wicks workouts, dancing, playing Just Dance, fitness circuits, playing sport in your garden (football kick-ups, throwing and catching), gardening, walking the dog. Remember we are aiming to be active for at least 60 minutes a day. Here is an example (but you can make yours look a lot more exciting than this one);

<b>Day and Date</b>	<b>Activity and number of minutes</b>	<b>Activity and number of minutes</b>	<b>Activity and number of minutes</b>	<b>Activity and number of minutes</b>	<b>Total activity time</b>
Monday 30/03/2020	PE with Joe Wicks Workout 30 minutes	Hoovering 5 minutes	Walk 15 minutes	Played Just Dance 10 minutes	60 minutes

- Create 1 minute 'Activity Challenges' for you and your family to complete e.g. how many kick ups? How many times can you pass a tennis ball between both your hands? How many laps of the garden? Can you think of any more fun ones?
- Any Stoke City fans? Visit the following website;  
<https://www.stokecityfc.com/news/2020/march/School-of-Stoke-City/> and

complete the weekly activities. If you are aged 11 and under, you can send your completed tasks to Stoke City with the chance to win some prizes. All the information in on the website above.