

Stockport School PE Department

Keeping Fit & Healthy at Home

It is important that you keep active whilst learning at home.

REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy bones, muscles and joints



Helps reduce the risk of developing obesity and chronic diseases



Helps to achieve and maintain a healthy body weight.



Improves the quantity and quality of sleep



Greater self-esteem and better self-image



Improves coordination and motor skills

The PE department will be setting a series of challenges for you to complete whilst learning at home!

Share what you are doing with us on twitter!

@Stockport_SchPE

Your Task...

Each week you should **complete at least 2** of the challenges in this booklet... tick them off as you go!

Send evidence that you have completed the tasks to your PE teacher **via firefly or email.**

The evidence can be in any form you like... **be creative!**

- Send a photo
- Film your workout
- Make a drawing of what you did
- Write it up as an experiment
- Send in data from a smart watch, step tracker, etc.
- Get your parent or guardian to sign-off that you did it

Why not get your family involved too and get everyone doing some exercise!

Use whatever you can find around the house to help you complete the challenges...

If you don't have a 'ball' use a toilet roll

If you don't have any 'weights' use tins of beans.

The Challenges...

Challenge 1

Watch a film/documentary related to sport. Here are some examples to get you started...

Youtube – Crossing the line (cricket) Born to win (boxing), Into the blue (football), the Bouldering queen (climbing).

Write a summary of the documentary

Challenge 2

Design your own workout – Circuits!



Plan your own 6 station circuit and complete it at least twice this week.

You should devise a record sheet to record your progress. As you improve you should be able to work for longer or do more repetitions (number of the exercise)

Challenge 3

How long can you hold a plank for? Do this everyday for a week

Try and add at least 5 seconds more every day this week.



How long can you do by the end of the week?

What was your starting time? What was the length of time by the end of the week. Record your best effort & send evidence to your PE teacher

Challenge 4

Stork stand – how good is your balance?

How long can you stand on one leg for without losing your balance? Practice everyday and see how much you can improve.



What was your starting time? What was the length of time by the end of the week. Record your best effort & send evidence to your PE teacher

The Challenges...

Challenge 5

Teach yourself to juggle!

Get 3 balls or whatever you can find and have a go!

Do some research to help you find the correct technique.



Challenge 6

How long can you wall sit for?

Try and add at least 10 seconds more every day this week.

How many can you do by the end of the week?



Challenge 7

See how many sit-ups you can do today.

Try and add at least 10 more every day this week.

How many can you do by the end of the week?

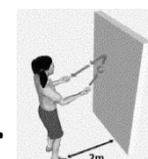


Challenge 8

Alternate wall toss – how good is your coordination?

How many times can you throw and catch the ball against the wall without dropping it... one hand only!

Practice everyday and see how much you can improve.



The Challenges...

Challenge 9

Devise a new team game. Name it, explain how it is played, what is the objective? How do you score/win/get people out? How many players on a team? What does the playing area look like? What equipment is required? Is specialist clothing needed?

Challenge 10

Diet – keep a food diary for 3 days. Research the 7 nutrients which make up a balance diet. What are the specific roles for each nutrient in the diet? What are the recommended daily amounts of each nutrient? Using your food diary outline whether you think you have a good diet or not & why?

Pick a two sports/activities which might have different diet requirements explain the differences between the two diets

Challenge 11

To be good at a sport/activity performers have to carry out training. Different fitness components require different methods of training eg stamina – continuous training.

Research three different methods of training and the components of fitness the training improves. Which sporting activities would the training/component of fitness be suitable for?

Challenge 12

Press-up test – how good is your muscular endurance?

How many press-ups can you do in 30 seconds?

Practice every day and see how much you can improve.

How many did you do at the start & end of the week. Record your best effort & send evidence to your PE teacher



The Challenges...

Challenge 13

Using a stimulus of your choice (story/poem/music/emotion). Choreograph a routine which should last 2 mins. This can be a solo or a duet with someone in your house. Write a paragraph to highlight why you have chosen specific actions and how they relate to the stimulus you chose. Think about the dynamics, levels, pathways, focus, unison/canon



Challenge 14

Design your own workout – Aerobics

Do some research and plan a 10 minute workout that will get you out of breath and your heart pumping. Complete it at least three times this week.



Challenge 15

How many steps can you do today, without leaving your house?

Tip – Most phones have a step counter on them if you look!



Challenge 16

Burpee test – How good is your leg strength?

How many burpees can you do in 5 minutes?

Practice everyday and see how much you can improve.

Tip – if you don't know how to do a burpee... google does!



The Challenges...

Challenge 17

Create your own gymnastics routine and perform it for your family. Can you include at least 3 interesting balances, rolls, travel, spins/rotation.



Challenge 18

Design your own workout – Boxercise



Do some research and plan a 10 minute shadow boxing workout that will get your heart pumping. Complete it at least twice this week.

Challenge 19

How many times can you throw and catch a ball with a partner before you drop it?

Can you do this with different types of ball?

Can you increase the distance?



Challenge 20

Speed Bounce – How good is your speed?

How many side-to-side jumps can you complete in 1 minute?

How many did you do at the start & end of the week. Record your best effort & send evidence to your PE teacher



The Challenges...

Challenge 21

How many keepy-uppys can you do without stopping?

How many did you do at the start & end of the week.

Record your best effort & send evidence to your

PE teacher



Challenge 22

Can you identify the name & location of 12 different bones & 12 muscles. Make a diagram to show the location & names.

Be creative

Challenge 23

How long can you balance a ball on your forehead without it falling off?



Challenge 24

20 Minute Run – how good is your cardiovascular fitness?

See how far you can go in 20 minutes.

Tip – You can measure the distance using

google maps if you don't have a fitness tracker!

