

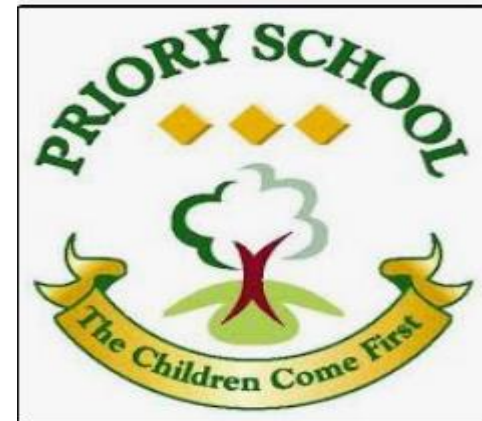
Priory PE, Home Learning Fitness Frenzy Week 2



Virtual
SCHOOL
GAMES

Click on the link to watch this weeks
lesson

▶ <https://www.youtube.com/watch?v=xnNwy7EwiLY&feature=youtu.be>



This weeks lesson is a fitness frenzy circuit.

- ▶ Side to side jumps
- ▶ Forwards and backwards (jumps)
- ▶ Forwards backwards side to side (jumps)
- ▶ Spotty dogs
- ▶ Front support shoulder taps
- ▶ Figure Skating

We recommend students complete the circuit three times. Suggested time durations are on the next slide.

Suggested duration- but these can be adapted to suit your children's physical health

- ▶ Nursery and reception 20 seconds-
- ▶ Year 1 & 2 20 seconds -
- ▶ Year 3 & 4 45 seconds-
- ▶ Year 5 & 6 60 seconds-

As always we encourage students to be the best they can be, if they can do longer or less than the suggested times this is ok, activities should not be done for more than 60 seconds.

Fitness Frenzy Circuit

- ▶ How many can you do in your chosen time?
- ▶ Repeat each activity 3 times and record your personal best (your highest score)

Do not forget to submit your scores

Score Sheet

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Side to side Jumps					
Forwards and backwards jumps					
Forwards backwards and side to side					
Spotty Dogs					
Spotty dogs					
Front support Shoulder Taps					

Only enter your highest score

Do not forget to submit your scores

PE home learning

Tips for success

- ▶ Be safe- ask an adult for help
- ▶ Focus on personal bests (how many times can you beat YOUR score)
- ▶ Have lots of turns
- ▶ Don't worry about making mistakes

Spirit of the Games

As always we expect schools to observe the **Spirit of the Games Values**. We will value participation over everything.

Please ensure that the scores submitted are suitably representative of both the activity and the pupil's ability.

"I would prefer to fail with honour than win by cheating" - Sophocles

For your chance to win a certificate- you can add your scores on the link below

- ▶ <https://forms.office.com/Pages/ResponsePage.aspx?id=hELNmYFYGEmxxHkAGdMKNFd510xd8cZJsMWyGgP5TpxUMkc5M05YMjUxRkIVQzM5V1JVRkVHQ1I5VC4u>



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Mr Watson says 'Do not forget to':

- ▶ Be safe
- ▶ Try lots of times
- ▶ Have fun
- ▶ Get the adults at home to summit your scores:

<https://forms.office.com/Pages/ResponsePage.aspx?id=hELNmYFYGEmxxHkAGdMKNFd510xd8cZJsMWyGgP5TpxUMkc5M05YMjUxRkIVQzM5V1JVRkVHQ1I5VC4u>



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The 500 Star Jump Challenge

Click here the link to find out more:

https://youtu.be/OPeK_JxY6lc

Don't forget to email your pictures and small video clips to

PE@priorschool.com