

# Physical Education Remote Learning

Throughout lockdown, we saw the importance of encouraging pupils as well as teachers to increase their Physical Activity. Teachers were provided with various resources to support pupils. Teachers taught live P.E lessons, set weekly challenges and Coaches provided pre-recorded lessons weekly.

## WEEKLY CHALLENGES

Weekly challenges were set for pupils to complete in between lessons to increase their Physical Activity.

**ARE YOU UP FOR THE CHALLENGE?**

**Socks in the Box 60 Second Challenge**

How many socks can you pair up and put in the box in 60 seconds?

1 Place unpaired socks five steps away from a box. Players run and match up a pair of socks and place them in the box.

2 You need lots of socks and a box if you do not have a box.

3 Make it easier by increasing the time and reducing the distance.

4 Compete against someone else to see who can do the most socks in 60 seconds. Put some obstacles in to make it harder.

Can you keep trying even if you struggle to match up a pair of socks?

Can you match up your socks when you are tired?

**Achieve Gold**  
20 pairs of socks

**Achieve Silver**  
15 pairs of socks

**Achieve Bronze**  
10 pairs of socks

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**Step In, Step Out 60 Second Challenge**

How many times can you step in and step out of a circle in 60 seconds?

1 You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!

2 Mark out a circle Using chalk mark out a circle on the floor.

3 Can you achieve a medal stepping in and stepping out of the hoop in different directions?

4 Race against someone! Mark out two circles, who can step in and out of their circle the most amount of times?

Can you keep trying even when you want to give up?

**Achieve Gold**  
55 step in, step outs

**Achieve Silver**  
45 step in, step outs

**Achieve Bronze**  
35 step in, step outs

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**Star Jumps 60 Second Challenge**

How many star jumps can you complete in 60 seconds?

1 Make sure you clap your hands above your head and bring your feet together.

2 No equipment is required, just make sure you use a clear space and safe space.

3 Challenge yourself! Touch the floor after each star jump to make it harder.

4 To jump in different directions for 60 seconds. Can you complete most different family members?

Can you match up your socks when you are tired?

**Achieve Gold**  
60 star jumps

**Achieve Silver**  
45 star jumps

**Achieve Bronze**  
30 star jumps

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# FOUNDATION

*West Ham United Coaches provided two lessons weekly for KS1 and KS2 to continue to support Teachers and Pupils throughout lockdown.*

*'I enjoyed everything. I like keeping fit.'*

**Hannah Year 2**

*'I liked curling up into a ball in our yoga lesson with Ms Sandy. I like the seed pose.'*

**Gabriel Year 2**

*'The lessons were challenging but I liked doing it in my own time.'*

**Niyah Year 4**

*'I liked doing all the ball skills.'*

**Benedicta Year 4**

*'I had lots of fun being active.'*

**Hiyabel Year 5**

# Coach Kelvin



*Coach Kelvin taught weekly live lessons to Year 5 and 6. He focused on body conditioning, stretches and footwork and always started with a motivational speech to uplift our pupils' spirits.*

*Some warm ups were hard but I enjoyed them.'*

**Theia Year 5**

*'I liked that each session was different.'*

**Chenae Year 6**

*'It was challenging because of lack of space and I missed the real lessons Coach.'*

**Prince Year 6**

*'The exercises were good but foot fire was tricky.'*

**Romeo Year 6**



## P.E with Joe



*The Body Coach came to the rescue throughout the pandemic by providing weekly sessions via YouTube. This helped our families to stay fit during difficult times and quickly became part of children's' daily routine.*

*'I liked them because they were easy to do and it was a good thing to do to start the day.'*

**Kendiel Year 5**

*'It was difficult to do because of my family's work schedule but I'm happy I was active.'*

**Aiden Year 6**

*'I liked the exercises and it was a great way to be active.'*

**Jaedon Year 5**



*Pupils also had the opportunity to develop their yoga skills and complete meditation exercises to support mindfulness and wellbeing with Cosmic Kids Yoga series via YouTube. This is for all ages but mainly EYFS and KS1 pupils enjoyed stretching their bodies like various animals and holding different yoga poses.*



*'I like the animal poses'.*

**Mya Year 2**

*'It was so much fun! I liked doing all the animal poses'.*

**Melany Year 2**

*'I enjoyed stretching and jumping'.*

**Savio Year 1**