PE: Home Learning
This week we are **challenging** you to get **active** in your homes this week!

The Body Coach TV on YouTube is offering a 30 minute workout every morning this week from 09:00.

Bronze: Participate in 1 workout this week and send your PE teacher your exercise data/feedback.

Silver: Participate in 3 workouts this week and send your PE teacher your exercise data/feedback.

Gold: Participate in 3 workouts and plan a family workout. Be your families body coach: Plan a session, put some music on and go for it!

Your PE teacher welcomes your feedback:

1. *Record your resting HR (before the workout) ave is 70-75 bpm*
2. *Record your working HR (straight after the workout)*
   
   [https://www.youtube.com/watch?v=8gbVAHcYpzI](https://www.youtube.com/watch?v=8gbVAHcYpzI)

3. *And comment on your performance with 1: WWW, EBI*

GOLD Challenge: some feedback from a family member :)

Please send us this feedback via SMHW; we can’t wait to see how you get on! Good luck!
**The John Roan: ‘100 challenge’**

All you need is: 1 ball of your choice, a timer and some competitive spirit! 😊

Demonstrate the 10 skills, 10 times as quickly as possible; showing co-ordination and speed. Try to beat:

- You/the clock! (your previous PB)
- Your family members and
- The time set by your PE teacher!

1. **10 left and right toe taps**
   TIP: use your toes and NOT your whole foot.

2. **Right and left hand wall throws**
   TIP: Bend your knees and keep your eye on the ball. Throw one-handed from left to right and then right to left. Concentrate to try and find that rhythm.

3. **Complete the ‘figure of 8’ 10 times.** Use both hands and pass the ball between both legs but don't allow the ball to bounce.

4. **Speed bounce.** Bounce the ball 10 times without moving anywhere.
   TIP: Use your fingertips to achieve a pushing motion. Don’t slap the ball.

5. **10 ‘Kick, bounce, catch’ (modified ‘keepie uppies’)**
   Do one kick-up, allow the ball to bounce and THEN catch it and repeat.
   TIP: Use your laces, hopefully these can be done speedily.

6. **2-meter one arm ball throws: but catch with only one hand x 10!**
   TIP: Take your time and be prepared to move your feet.

7. **Throw-Do a 180 degree half turn and catch!**
   TIP: Take your time to avoid dizziness.

8. **Inside foot taps x10:**
   TIP: go, go, go!

9. **Now leave the ball on the floor and complete 10 bounces over it.** You must land on both feet at the same time.
   TIP: use your arms to generate some height in your jumps.

**Rules:**

1: You can complete the 10 challenges in the order of your choice.

2: You can choose the type/size of the ball and can use different balls for different challenges.

3: If you lose control you must start that one skill challenge again.

Send your best time to your teacher via SMHW (Mr Garvey 2 mins 32 secs)