

Name	Equipment	Skill	Age Suitability
Home PE Session 1	Ball / Socks / Cushions	Balance/Agility	Reception

Video Tutorial: <https://www.youtube.com/watch?v=92PLYC2de14&t=3s>

Check out our [YouTube channel](#) to see a variety of different lessons for a range of ages.

Warm Up (5 minutes):

Star Jumps 30 seconds / 30 seconds rest
 Running on the spot as fast as you can 30 seconds / 30 seconds rest
 Touch alternate toes as fast as you can for 30 seconds / 30 seconds rest
 Jump on the spot 30 seconds / 30 seconds rest
 Pretend to punch the air for 30 seconds / 30 seconds rest

Activity 1 (15 minutes):

In this activity we will be looking at balance and agility.

Put 2 markers 10 metres apart. Get a family member to say rats if they say rats you should freeze & if you say rabbits they run to the other cushion. Do this 10 times.

Put some cushions on the floor and weave in and out to then finish where you started. Complete this 5 times.

Put 5 cushions on the floor and jump over them. Once you reach the last one walk back to the start. Complete this 5 times.

Balance on 1 leg for 30 seconds.
 Change legs - if you find it easy close your eyes /if you find it hard put your arms out for extra balance.
 Do this 3 times.

Activity 2 (15 minutes):

In this activity we are going to look at hand eye coordination.
 If you don't have a ball at home you can use a pair of socks.

- See if you can do little throws in the air and catch it.
- Now see if you can bounce the ball on the floor and see if you can catch it.
- Put a cushion on the floor a few feet in front of you and stand next to another cushion as a marker. See how accurate your throw is whilst trying to land the ball on top of the cushion. If you manage to do it move the cushion further away and try again. See how far away you can throw from.
- Throw a ball against a wall and see if you can catch it try this 5 times in a row without dropping it.

Go through the challenges and see if you can beat your high score or do it in quicker time!!

Challenge your family to have a go!

Cool Down (5 Minutes):

Perform some basic body stretches and shapes to cool down after running around! Some shapes you can perform which stretch the body; Pencil shape (Long and tall), Star shape (Wide as you can go like a star), Pike shape (Sit down, try and touch toes).
 Try and hold each stretch for 5 seconds and repeat 3 or 4 times!

<u>Safety Considerations (outdoor):</u> Ensure playing area is clear of debris	<u>Safety Considerations (indoor):</u> Check suitability for area
<u>Simplification:</u> <ul style="list-style-type: none">• Shorter times per exercise• Move cushions closer / Let the ball bounce more than once or don't throw as high	<u>Progression:</u> <ul style="list-style-type: none">• Do more per exercise• Move cushions further apart
<u>Notes:</u> <u>What did you like about the lesson?</u> <u>What would you change?</u>	