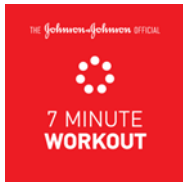







CROSSDALE PRIMARY SCHOOL PE KEEPING BUSY BOOKLET

Apps: (Try and spend 30 minutes on an app!)

Johnson & Johnson 7 Minute Workout (age 4+)	Daily Workouts Fitness Trainer (age 4+)	Sworkit (age 4+)	Downdog App (age 4+)
Take part in fitness circuits and also create your own work out!	Choose a focus area and follow the easy to watch videos!	Choose a focus area and follow the easy to watch videos!	Take part in some light exercise through yoga!
			

Websites: (Look at other ways to keep active indoors!)

Change4Life	Sport England	British Heart Foundation	Active Cities	NHS
https://change4life.service.nhs.uk/change4life/activities	https://www.sportengland.org/news/how-stay-active-while-youre-home	https://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/10-minute-workout	http://activecities.com/blog/creative-ways-to-be-active-indoors/	https://www.nhs.uk/live-well/exercise/gym-free-exercises/

YouTube / Documentaries: (Research something new!)

Combat Source - **Anthony Joshua** – I was born to win
<https://www.youtube.com/watch?v=05UMW-A1cyY>

Moe Jones - **Kids workout 1 beginners** (there are more videos)
https://www.youtube.com/watch?v=L_A_HjHZxfI

STORYHIVE - **Yoga for kids!**
<https://www.youtube.com/watch?v=X655B4ISakg>

Nuffield Health – **Home Exercises for Kids**
<https://www.youtube.com/watch?v=aHVR2FnTpdK>

Little Sports – **Kids Daily Exercise (Day 1)** (there are more videos)
<https://www.youtube.com/watch?v=T8jl4RnHHf0>

Olympic - **Women's Individual All-Around Final - Artistic Gymnastics | Rio 2016 Replay**
<https://www.youtube.com/watch?v=1OmSm1S1z60&t=1s>

Badminton England – **Men's Doubles Final**
https://www.youtube.com/watch?v=xvQgd_CeqnU

Podcasts: *(Why not explore a new sport behind the scenes?)*

The Sky Sports Football Podcast

talkSPORT Daily

BBC Radio 5Live That Peter Crouch Podcast

Around the NFL

WhatCulture Wrestling

The Rugby Pod

No Dunks

The Grade Cricketer

'Jog Your Memory'

Name one thing you can remember from each of the sports listed below

(If you are struggling, why not research it?!)

Netball	
Football	
Basketball	
Cross-Country	
Dance	
Fitness	
Rugby	
Dodgeball	
Handball	
Badminton	
Gymnastics	
Athletics	
Volleyball	
Rounders	
Cricket	
Table Tennis	

50 STAR JUMPS	LISTEN TO A PODCAST	JOG ON THE SPOT FOR 1 MINUTE	20 STAR JUMPS	15 PRESS UPS
20 HIGH KNEES	1 MINUTE 1 LEG BALANCE	WATCH A SPORTS YOUTUBE LINK	30 SECONDS MOUNTAIN CLIMBERS	20 CALF RAISES
YOGA SESSION	10 BURPEES	LISTEN TO A PODCAST	PLANK	DESIGN YOUR OWN PE KIT
15 SIT UPS	THINK OF YOUR OWN EXERCISE	1 MINUTE ARM CIRLES	WATCH A SPORTS YOUTUBE LINK	20 SQUATS
20 HIGH KNEES	LOOK AT ONE OF THE LISTED WEBSITES	CREATE A DANCE	15 STAR JUMPS	JOG ON THE SPOT FOR 5 MINUTES

Design Your Own Football Strip



twinkl

Design Your Own Football Strip



twinkl