

## PE IN LOCK DOWN

### Whole school:

1. Joe Wicks on Youtube (Mon, Wed and Friday at 9am)
2. Cosmic Yoga (Youtube)

### Spin the wheel to choose an activity.

Students click on the link and spin the wheel to see what exercises they do. You could encourage them to spin their wheel 10 times maybe...?

ks1 wheel <https://wheelofnames.com/bts-tgx>

lower ks2 wheel <https://wheelofnames.com/view/fu9-u5h/>

upper ks2 wheel <https://wheelofnames.com/x5w-vbw>

### KS1:

1. Leaning tower of Pisa challenge - there are 296 stairs in the leaning tower of Pisa. Your challenge is to walk UP this number of stairs over the course of the week.
2. Golf with a rolled-up pair of socks. Roll up a pair of socks into a ball and create an obstacle course for the sock ball to travel along. How many kicks of the ball does it take to complete their obstacle course/golf hole? Send a photo of your golf course to your class teacher.

### KS2:

1. Fitness videos which might be useful.  
<https://teachers.thenational.academy/specialist/subjects/physical-development>