

PE home activity suggestions

https://www.cosmickids.com/ Choose a session and complete- tell us which session that you chose.	Circuit training 10 jumping jacks 10 star jumps 10 burpees 10 lunges 10 sit ups 10 squats	Create your own circuit training for at least 10 minutes.	Find out how many star jumps you can do in 2 minutes. Can you beat it?	https://www.youtube.com/watch?v=dtSlYJLLYsO Complete the 20 minute dance session.
Put together your own yoga routine which lasts at least 15 minutes.	https://www.youtube.com/watch?v=enYITYwvPAQ Complete the 30 minutes session.	Throw a dance party to three of your favourite songs.	https://www.youtube.com/watch?v=mhHY8mOQ5eo Complete the Joe Wicks session.	Create a dance with includes two different dance styles e.g. breakdance, country dance, traditional, salsa.
Create a gymnastic floor routine. Include a roll, movement and a balance.	https://www.youtube.com/watch?v=eughyYPoExk Complete the dance routine. Come up with your own dance routine to your favourite song.	March on the spot for 2 minutes. Skip on the spot (with or without a rope) for 2 minutes. Knee to elbow lifts for 2 minutes. Repeat x 3	High knees for 2 minutes. Jogging on the spot for 2 minutes. Jumping jacks for 2 minutes. Repeat x 3.	https://www.youtube.com/watch?v=G74_o_43RQ Dance to this! Do it twice!
https://www.youtube.com/watch?v=5nZ2iBGvFhE Complete the Joe Wicks session.	Daily Mile- Can you do 10 laps of your garden.	https://youtu.be/ICyBkNht_j8 Watch the link and create your own obstacle course.	Create a scavenger hunt around the house.	https://www.youtube.com/watch?v=kAXg3cMOUCw Complete the 10 minutes cardio workout.