



St Catherine's Primary School



Home Learning

Level: First

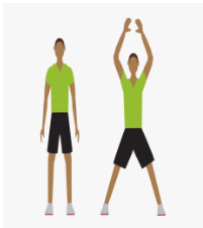





Teacher: Miss Owens

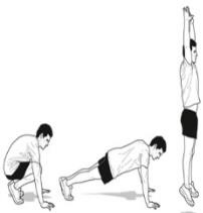



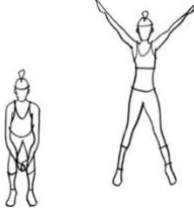

Health and Wellbeing (PE)



Week 1 Fitness Challenge

Complete each exercise for **1 minute**, record how many you manage to do in that time and try to improve your score each day. Good luck!

	 Jumping Jacks	 Toe Touches	 High Knees	 Squats	 Mountain Climbers	 High Kicks
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Week 2 Fitness Challenge Complete each exercise for 1 minute , record how many you manage to do in that time and try to improve your score each day. Good luck!						
	 Burpees	 Shoulder Taps	 Sit Ups	 Lunges	 Star Jumps	 Knee Push Ups
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Useful Websites

PE with Joe (The Body Coach TV YouTube Channel)

Joe Wicks is hosting three live 20-minute sessions per week on a Monday, Wednesday and Friday at 9am.

<https://www.youtube.com/c/TheBodyCoachTV/featured>

Cosmic Kids Yoga

This website has lots of fun yoga and mindfulness videos for children.

<https://cosmickids.com/watch/>

Les Mills Born to Move 6-7 Year Old and 8-12 Year Old Classes (30 Day Free Trial)

These playful 20 or 40 minute workouts introduce simple movement skills, train body awareness and improve balance and coordination. Classes include dance, martial arts and yoga.

<https://watch.lesmillsdemand.com/born-to-move/season:3>

<https://watch.lesmillsdemand.com/born-to-move/season:4>

NHS 10 Minute Shake Up Games

Change4Life and Disney have teamed up to create 10-minute bursts of fun to get children moving.

https://www.nhs.uk/10-minute-shake-up/shake-ups?fbclid=IwAR1NL_eOtjdiBND1sALXokPe1ZFVv3KlCuMiqF_1FD33kocHilcldlrXoMw

Team GB and Paralympics GB Get Set

Get active with Team GB and Paralympics GB with their range of free activities, challenges and learning resources for children to complete indoors or outdoors.

<https://www.getset.co.uk/resources/travel-to-tokyo/indoor-activity>

GoNoodle

Download the free GoNoodle app to access engaging movement and mindfulness videos.

<https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>

Jump Start Jonny

This website has some free energising workout videos, challenges and chillout videos.

<https://www.jumpstartjonny.co.uk/free-stuff>

Dance Classes with Oti Mabuse (Oti Mabuse Official YouTube Channel)

During the last lockdown, Strictly Come Dancing star Oti Mabuse offered free online dance classes for children. These videos can still be found on her YouTube channel.

<https://www.youtube.com/c/OtiMabuseOfficial/videos>