



St Catherine's Primary School



Home Learning

Level: Second

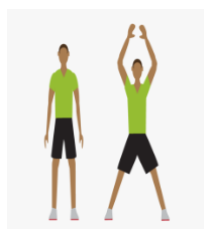
Teacher: Miss Owens



Health and Wellbeing (PE)

Week 1 Fitness Challenge

Complete each exercise for **2 minutes**, record how many you manage to do in the time and try to improve your score each day. Good luck!



Jumping Jacks



Toe Touches



High Knees



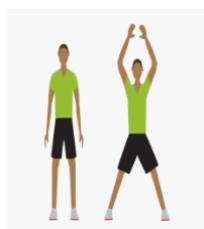





Squats



Mountain Climbers

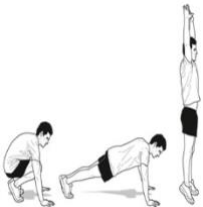



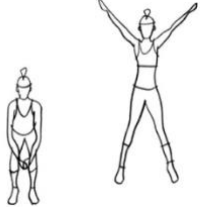



High Kicks

Week 1 Fitness Challenge						
Complete each exercise for 2 minutes , record how many you manage to do in the 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 **2 minutes**, record how many you manage to do in the 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>

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

Learn the coolest moves from dance, martial arts and yoga with these 20 or 40 minute classes which build foundation fitness.

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

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>

JogScotland

Learn to run or walk for fitness with JogScotland's free of charge downloadable programmes.

<https://jogscotland.org.uk/joggers/learn-to-run-or-walk-for-fitness/>

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_eOtdiBND1sALXokPe1ZfVv3KlCuMiqF_1FD33kocHilcldrXoMw

GoNoodle

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

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

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>