

BENTLEY CE PRIMARY SCHOOL – VIRTUAL SCHOOL PE

Day	Exercise type	Suggested activities
Monday	Circuits	<ul style="list-style-type: none"> • Star jumps • Short sprints or running on the spot • Press-ups • Hopping on the spot • Skip, hop jump • Step ups • Skipping
Tuesday	Throwing and catching	<ul style="list-style-type: none"> • Bounce a ball on the floor and catch it • Throw a ball against a wall and catch it • Pass the ball to a partner • Roll the ball along the floor, chase it and pick it up before it stops rolling
Wednesday	Fitness and dance	<ul style="list-style-type: none"> • 5 minute move. Kids workout by The Body Coach available on YouTube • Hip-hop tutorial: https://www.youtube.com/watch?v=9sxifR0Ltqk • Have a dance off with your family • Play musical statues
Thursday	Yoga	<ul style="list-style-type: none"> • KS1: https://www.cosmickids.com/category/watch/ • KS2: https://www.youtube.com/watch?v=X655B4ISakg
Friday	Games	<ul style="list-style-type: none"> • Play football (dribbling skills in and out of markers) • Tag rugby (tag whilst carrying any ball) • Netball / basket ball • Tennis / badminton / table tennis • Play it/Stuck in the mud/What's the time, Mr Wolf?