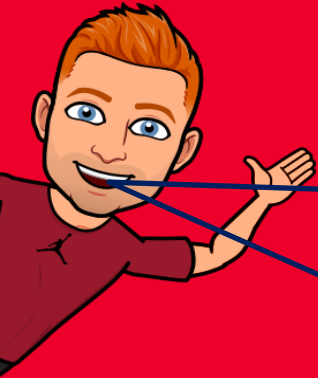


Home Learning Activities – Fundamental Movements KS1



Hi everyone! Hope you are all keeping well and staying active at home.

This week is all about fun exercises we can do to increase body strength and build up our stamina! Does anyone know what “Stamina” means? I really enjoyed doing Connect 4 Fitness! An exciting game but great for keeping fit. Try the activities and see how you do.

Share your pictures and videos with us @LittleSportsCoaching

Dice Fitness:

- Can you find a dice in your house?
 - Roll the dice and whichever number it lands on you need to complete a fitness challenge:
1. 10 Star Jumps
 2. 10 Sit ups
 3. 10-20 seconds of running on the spot
 4. 10 Press ups
 5. 1 minute Plank
 6. 10 Squats
- Online Dice <https://www.online-stopwatch.com/chance-games/roll-a-dice/>



SPELL YOUR NAME

DO THE WORKOUT **EVERY DAY**

A: 10 PUSH UPS	N: 5 SETS OF STAIRS
B: 1K JOG	O: 20 LEG RAISES
C: 10 SQUAT JUMPS	P: 1 MIN PLANK
D: 20 BURPEES	Q: 30 STAR JUMPS
E: 10 SQUATS	R: 2 MIN SKIPPING
F: 20 STAR JUMPS	S: 20 BURPEES
G: 20 LUNGES	T: 30 SEC PLANK
H: 1 MIN SKIPPING	U: 15 SQUATS
I: 45 SEC PLANK	V: 15 PUSH UPS
J: 3 SETS OF STAIRS	W: 20 SIT UPS
K: 10 BURPEES	X: 10 LUNGES
L: 20 SQUATS	Y: 20 SQUAT JUMPS
M: 2 MIN PLANK	Z: 2 MIN PLANK

Alphabet Fitness:

- Complete the exercises for each letter in your name
 A - 10 Push ups
 L - 20 Squats
 E - 10 Squats
 X - 10 Lunges
- Give it a go! You can decide if you need to make it easier or harder
- Get an adult or sibling to join in too

Home Learning Activities – Fundamental Movements KS1

Mountain Climbers:

- Start in a press up position
- Move one leg up towards your chest
- Put that leg back to its starting position
- Then repeat with the other leg
- How many can you do in 1 minute?
- You get a point everytime a leg goes towards your chest
- See picture for example



Pokemon Fitness

- Train to be like each Pokemon. 30 seconds per exercise. (use a timer)
- Pikachu – Burpees with a jump
- Charizard – Lunges (try back lunges)
- Bulbasaur – jumps side to side/ Jump squat
- Blastoise – Sit-ups
- Give yourself 30 seconds rest between each exercise

