



# WHFCS KS2 PE

## Dance & Exercise Passport Week 2

Name -

Year -



Each day I would like you to do 5 exercises, 2 from the challenge section and 3 from the movement section and record them in your passport with your scores.

## Challenge section

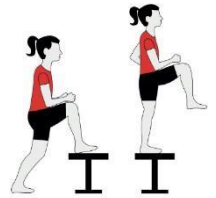
### 1. The Plank Challenge

Can you hold the plank position for 60 seconds, make sure you keep your bottom down and keep a straight back. Keep your forearms on the floor. You could challenge your family to see who can last for 60 seconds.



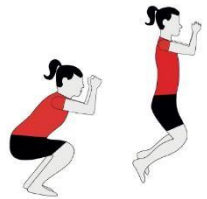
### 2. Step up challenge

How many times can you step up and down in 60 seconds, you can use a step, a foot stool, a pile of pillows. Ensure that what you step on is safe. Make sure you do not jump, always stepping.



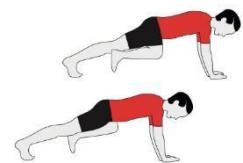
### 3. Squat Jump challenge

How many squat jumps can you do in 60 seconds, you need to create a line on the floor this could be a skipping rope or a sock. Ensure you stand behind the line and jump forwards perform a squat and then repeat.



### 4. Climb the mountain challenge

How many mountain climbers can you do in 60 seconds, ensure you follow the correct technique. Ensure your legs come up to your waist.



### 5. Burpees challenge

How many burpees can you complete in 60 seconds, make sure you extend your legs back once you have lowered yourself to the ground.



## Movement section

### 1. Sprinting star jumps

How many star jumps can you do whilst sprinting? Ensure you have enough room when doing the star jump.



### 2. Sprinting on the spot

How long can you sprint on the spot for, can you keep it going for 60 seconds? Make sure you have room to sprint on the spot.



### 3. Jumping Jacks

How many jumping jacks can you do in 60 seconds, make sure you touch the floor every time.



### 4. High knees

Ensure when you are completing high knees you are jogging, can you complete 60 seconds.



### 5. Ladder run -

Use some pillows or mark out a ladder using rope or string and explore different ways of moving through the ladder.



## Passport

The passport will need to be handed into Mr Jones when you return to school.

### Week 2

	Challenge Section	Movement Section	Total amount of time exercising
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

### Reflection

Favourite movement challenge -	
Favourite challenge -	



## Choreograph a Dance

Choreography is making up and putting together steps for a dance. Use this activity sheet to help you choreograph your own dance.

The first thing to do is decide on your style of dance. The type of steps you choose will depend on this. There are many different types of dance style; ballet, modern, tap, ballroom, jazz and hip-hop are examples although there are many more. We will be learning all about these in the coming weeks.

Next, you need to choose your music. Try to choose a piece that suits your style of dance.

You could use the Internet to find out dance steps that belong to your chosen style. However, here are some simple steps that you could use. Do them in the style of your dance type and make them match the music you have chosen. Try these steps to start and change them to fit your dance.

### Forward and back

1. Move one step forward then two steps back then pause for one beat.
2. Move three steps forward then four steps back then pause for one beat.

### Side to side

1. Take two steps to your right.
2. Bend your knees twice.
3. Take two steps to your left.
4. Bend your knees twice.

### Turning

1. Take a step to your left and turn around to the count of four, make sure you are facing forwards by four.
2. Bounce on your heels four times.

**I would like you to research dance style of Ballet for next week.**

