



WHFCS

PE

My Fitness

Name -

Year –





Online PE Activities

We have many online PE activities available such as workout videos, PE booklets and Gymnastic videos by Positive PE, below is a guide of how to access these.



Website -

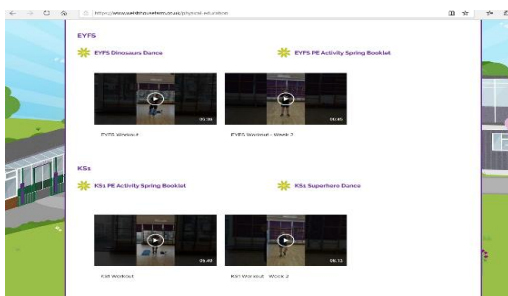
<https://www.welshhousefarm.co.uk/>



Along the top tab, you would need to click on the curriculum tab. Once on this tab you need to scroll down to PE.



On the PE tab if you scroll down you will see all the videos and booklets to access from 2021 and 2020 to keep you active at home.



You can challenge yourself with the videos and let Mr Jones know how you get on.





My Fitness

The Plank

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.



Press up

How many press-ups can you do in 60 seconds. Ensure that your arms are straight



Squats

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.



Sit ups

How many sit ups can you do in 60 seconds, ensuring that you are using the correct technique and you are bringing your head all the way towards your legs.



Sprinting lengths

Set two marks 5 metres away from each other, start the timer and see how many times you can run between both in 60 seconds



Jumping Jacks

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





My Fitness plan

Each day I would like you to do these activities for a minute each and attempt to beat your score every day.

Week 1

	Plank	Press up	Sit Ups	Squats	Sprinting Lengths	Jumping Jcaks
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Personal best score						





Week 2

	Plank	Press up	Sit Ups	Squats	Sprinting Lengths	Jumping Jacks
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Personal best score						

