



PE Home Learning



Welcome to your new PE Home Learning page!

Each week there will be a new set of activities for you to try at home, certificates will be awarded for our PE superstars!

How?

Activities can be done on your own or with your family.

Try them more than once, see if they get easier.

Email photos or videos of yourself completing the activities.

Have fun!

Why?

Being active is very important for health and wellbeing.

It can be good fun!

Regular exercise helps mobility and concentration.

It can really help to boost confidence.

When?

Every Monday there will be a new sheet of activities.

Practice them throughout the week.

Email in your scores and progress at the end of the week.

Do them as often as you can!

Activity!

Click the link below to try your first home activity.

https://www.youtube.com/watch?v=IaNjXnB-79U&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=10

Look out for your first PE Home Learning sheet on Monday 25th January!