**PSSP**

**KS2 HOME LEARNING -**

**ACTIVE HEROES**

Do you accept the

mission?



Attention: PSSP Active Heroes,

we need you!

Over the next few weeks, we need you to get your household active. We need the very best people on the job. Your mission, should you choose to accept, is to complete different activities every day to make sure we all stay fit and healthy? Only the best will survive – do you accept the challenge?

Let’s do this!

Captain Cormack, PSSP

Plymouthssp.co.uk

Each day, choose which activities you are going to do. The aim is for you to be active for at least 1 hour per day. The more challenges you complete, the higher the rating you will receive. Colour in each activity after you complete it and get your parent or guardian to sign the top of it. Want to change the activity for one of your own? Totally fine, just get active – write in the activity you did over the top of the ones in the box. You will need access to YouTube and some everyday items found around your house.

Complete **2 challenges** in a day = Bronze

Complete **3 challenges** in a day = Silver

Complete **4 challenges** in a day =Gold

Complete **5 challenges** in a day = Platinum

Send your completed weeks to your teachers so they can award your certificates and celebrate how active you have been. Feeling competitive? Why not challenge your friends or families to do the same activities as you?

Let’s get going Active Heroes – the challenge is on!

**If you have permission,** why not Tweet us @plymouthssp to let us know how well you are doing?



**Standing Long Jump Challenge**

Stand between 2 socks as a starting point. Jump as far as you can from 2 feet and land on 2 feet. Put another sock behind your heal and then measure (toe to heal) how far you jumped. What is the farthest you can jump?

Why not challenge other people in your house to beat your score? Or a classmate or friend?

**Clap/Catch Challenge**

Using a pair of socks, throw it in the air and clap before you catch them. Increase the claps by 1 each time. What is the highest number of claps you can do and still catch the socks?

**Figure 8 Challenge**

Pass a ball between both legs to make a figure 8. How many can you do in 1 min?

Too easy? Use a bigger ball

Too hard? Use a smaller ball

**Around the World Challenge**

Pass a ball around your waist as many times as you can without dropping it. How many can you do in 1 min?

Too easy? Use a bigger ball

Too hard? Use a smaller ball

**Step Up Challenge**

Use a small box, step or bench to step up onto and then back down again. Count how many times you can get both feet on top in 1 min.

**Balance on 1 leg Challenge**

How long can you balance on 1 leg? Which leg is easier? Time how long you can hold it.

Too easy? Can you do it with your eyes

**Personal Challenges**

**Personal Challenges: These will help you improve your fitness, skills or performance. Try the challenge 3 times on Monday and 3 times on Friday – write down your best score each time. Are you getting better?**

PERSONAL CHALLENGE SCORE SHEET

**Figure 8 Challenge:**

Monday’s score:

Friday’s score:

**Standing Long Jump:**

Monday’s score:

Friday’s score:

**Clap/Catch Challenge:**

Monday’s score:

Friday’s score:

**Balance on 1 leg Challenge:**

Monday’s score:

Friday’s score:

**Step Up Challenge:**

Monday’s score:

Friday’s score:

**Around the World**

Monday’s score:

Friday’s score:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mon**  **WK 1** | Personal Challenge: Figure 8 challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Cosmic Kids Yoga Club | Play outside for ½ hour | The daily mile |
| **Tues**  **WK 1** | YouTube: Home Exercises for Kids  (Stephen Trussell) | 20 x jog on spot  20 x high knees  10 squats | YouTube: Cosmic Kids Yoga Club | Play outside for ½ hour | The daily mile |
| **Wed**  **WK 1** | The Shape Game -Chorley Gymnastics club.co.uk | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Cosmic Kids Yoga Club | Play outside for ½ hour | The daily mile |
| **Thurs**  **WK 1** | YouTube: Kidz Bop UK Dance along | 20 x jog on spot  20 x high knees  10 squats | YouTube: Cosmic Kids Yoga Club | Play outside for ½ hour | The daily mile |
| **Fri**  **WK 1** | Personal Challenge: Figure 8 challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Cosmic Kids Yoga Club | Play outside for ½ hour | The daily mile |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mon**  **WK 2** | Personal Challenge:  Around the World Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Kids Yoga with Shiela Palmquist | Play outside for ½ hour | The daily mile |
| **Tues**  **WK 2** | YouTube: 10 min Family Fun Cardio Exercise workout | 24 x jog on spot  24 x high knees  12 squats | 15 mins on your wheels – Bike/Scoot or Skate | Play outside for ½ hour | The daily mile |
| **Wed**  **WK 2** | Baby Shark Conditioning -Chorley Gymnastics club.co.uk | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Cosmic Kids Yoga Club | Play outside for ½ hour | The daily mile |
| **Thurs**  **WK 2** | YouTube: Kidz Bop UK Dance along | 24 x jog on spot  24 x high knees  12 squats | YouTube: Tic Tac Toe – Best Game Ever | Play outside for ½ hour | The daily mile |
| **Fri**  **WK 2** | Personal Challenge: Around the World Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: PE at Home – Paper Fitness | Play outside for ½ hour | The daily mile |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mon**  **WK 3** | Personal Challenge:  Step Up Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Super Simple Stretches for Kids | Play outside for ½ hour | The daily mile |
| **Tues**  **WK 3** | YouTube: \*Disney Mix\* Family Fitness | 26 x jog on spot  26 x high knees  14 squats | 15 mins on your wheels – Bike/Scoot or Skate | Play outside for ½ hour | The daily mile |
| **Wed**  **WK 3** | YouTube: Top 5 Easy Exercises for Kids to Get Stronger Fun Fitness- 10 each | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: PE at Home Bop it Challenge | Play outside for ½ hour | The daily mile |
| **Thurs**  **WK 3** | YouTube: Kidz Bop UK Dance along | 26 x jog on spot  26 x high knees  14 squats | YouTube: PE at Home Bop it & Catch Challenge | Play outside for ½ hour | The daily mile |
| **Fri**  **WK 3** | Personal Challenge:  Step Up Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: PE at Home Towel Fold | Play outside for ½ hour | The daily mile |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mon**  **WK 4** | Personal Challenge:  Balance on 1 Leg | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Stretch & Warm Up Routine for Kids (Mihran TV) | Play outside for ½ hour | The daily mile |
| **Tues**  **WK 4** | YouTube: Kids Learn a Dance to Justin Timberlake | 28 x jog on spot  28 x high knees  16 squats | 15 mins on your wheels – Bike/Scoot or Skate | Play outside for ½ hour | The daily mile |
| **Wed**  **WK 4** | YouTube: Kids Circuit Workout | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: PE at Home Overhand Sock Ball | Play outside for ½ hour | The daily mile |
| **Thurs**  **WK 4** | YouTube: Kidz Bop UK Dance along | 28 x jog on spot  28 x high knees  16 squats | YouTube: PE at Home Move Up Toss | Play outside for ½ hour | The daily mile |
| **Fri**  **WK 4** | Personal Challenge:  Balance on 1 Leg | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: PE at Home Move Up Bowling | Play outside for ½ hour | The daily mile |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mon**  **WK 5** | Personal Challenge: Clap/Catch Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Fun Active Games to Play at Home BfitKids | Play outside for ½ hour | The daily mile |
| **Tues**  **WK 5** | YouTube: Fun Gymnastics at Home Lesson 1 | 30 x jog on spot  30 x high knees  18 squats | 15 mins on your wheels – Bike/Scoot or Skate | Play outside for ½ hour | The daily mile |
| **Wed**  **WK 5** | YouTube: ABC Kids Home Workout | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Byker Primary Reaction Game | Play outside for ½ hour | The daily mile |
| **Thurs**  **WK 5** | YouTube: Kidz Bop UK Dance along | 30 x jog on spot  30 x high knees  18 squats | Connect 4 Fitness (download from PSSP website) | Play outside for ½ hour | The daily mile |
| **Fri**  **WK 5** | Personal Challenge:  Clap/Catch Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Cosmic Kids Yoga | Play outside for ½ hour | The daily mile |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Mon**  **WK 6** | Personal Challenge:  Standing Long Jump Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Top 4 Brain Exercises Coordination | Play outside for ½ hour | The daily mile |
| **Tues**  **WK 6** | YouTube: Physical Challenges - choose 3 | 32 x jog on spot  32 x high knees  20 squats | 15 mins on your wheels – Bike/Scoot or Skate | Play outside for ½ hour | The daily mile |
| **Wed**  **WK 6** | YouTube: PE at Home The Sock Flick & Rolling Towel Flip | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: PE at Home Ultimate Bottle Flip | Play outside for ½ hour | The daily mile |
| **Thurs**  **WK 6** | YouTube: Kidz Bop UK Dance along | 32 x jog on spot  32 x high knees  20 squats | YouTube: Kids 15 min Cardio | Play outside for ½ hour | The daily mile |
| **Fri**  **WK 6** | Personal Challenge:  Standing Long Jump Challenge | Joe Wicks workout: YouTube – The Body Coach TV | YouTube: Physical Challenges - choose 3 | Play outside for ½ hour | The daily mile |

