



# PE at home

## FITNESS



Parent  
support  
in simple  
activities



## 3 **Fitness session #1**

Would you rather?

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## 6 **Fitness session #2**

Fitness poker

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## 7 **Fitness session #3**

EMOM (Every Minute On the Minute)

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Fitness monopoly

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In the hat

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## FITNESS SESSION #1

### WOULD YOU RATHER?

#### Play - Would you rather?

Place the 'would you rather' cards around the house and garden (see below). If you can, pair children up or play with your child. Each pair/groups should answer what they would rather do on the task card, then complete the associated task.

Encourage children to work quickly and at high intensity. Each child should finish the task and then move to the next station.

#### Extension:

Can you make up your own 'would you rather' questions and activities? Write them out on paper and give them to a parent/sibling to try!

1

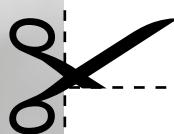
## WOULD YOU RATHER?

Climb a mountain in the snow

Climb a sand dune in the sun

Do five sit-ups

Do five star jumps



2

## WOULD YOU RATHER?

Swim to France with no googles

Run a marathon with no trainers

Ten hops left leg, ten hops right leg

Five air squats

3

## WOULD YOU RATHER?

Sail a yacht in a storm

Do a parachute jump

Do five push-ups

Run on the spot for fifteen seconds

4

## WOULD YOU RATHER?

Go rock climbing

Go caving underground

Jump on the spot for fifteen seconds

Jump as high as possible three times

5

## WOULD YOU RATHER?

Compete in the Olympics

Commentate on the Olympics

Two footed jump as fast as possible three times

Lie down on your back and get up five times

6

## WOULD YOU RATHER?

Dance on the stage for the Queen

Compete on 'Strictly Come Dancing'

Skip on spot for fifteen seconds

Lie on tummy and stand up five times

7

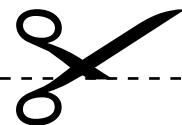
## WOULD YOU RATHER?

Ride a unicycle

Ride a tandem bike

Five tuck jumps

Plank hold on hands or elbows for fifteen seconds



8

## WOULD YOU RATHER?

Stand still all day

Not speak all day

Balance on left foot for fifteen seconds

Dish hold for fifteen seconds

9

## WOULD YOU RATHER?

Have feet for hands

Have hands for feet

Balance on right foot for fifteen seconds

Arch hold for fifteen seconds

10

## WOULD YOU RATHER?

Play 24 hours of badminton

Dance for 24 hours

Balance on tiptoes for fifteen seconds

Balance on heels for fifteen seconds

## FITNESS SESSION #2

### FITNESS POKER

You will require a pack of playing cards, each suit in the deck relates to an activity. Suitable for both KS1 and KS2.

<b>Hearts</b>	<b>Star jumps</b>
<b>Clubs</b>	<b>Sit ups</b>
<b>Diamonds</b>	<b>Squats</b>
<b>Spades</b>	<b>Heel Kicks</b>

Shuffle the pack of cards and pull one out e.g. 6 diamonds, the children must complete 6 squats. You may wish to limit the number of cards from each deck. Attempting to complete the entire deck would be too challenging for one child.

#### Extension:

Pair or group children up and increase the number of cards and share the work between them e.g. 9 of hearts is pulled out they complete 9 star jumps between them. This way it may be possible to get through more of the pack depending on how many children you have.

#### Things to consider:

- You could split the decks up giving younger children more of the lower numbered cards and older, more of the higher numbers.
- Incorporate rest time e.g. allow them to have 3 'time outs' in which they can choose to rest, but once they have used them up they are gone!
- Can they play this again suggesting different activities for each suit?

## FITNESS SESSION #3

### EMOM (EVERY MINUTE ON THE MINUTE)

An EMOM stands for Every Minute On the Minute. In this exercise, you will complete one exercise for 1 minute then change to the next. This is a 20-minute EMOM.

#### Minute 1 Push Ups

#### Minute 2 Air Squats

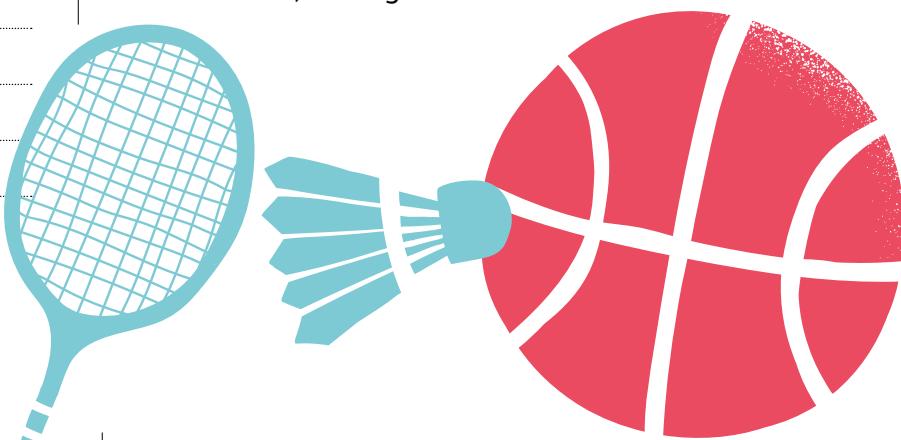
#### Minute 3 Plank

#### Minute 4 Skipping

#### Minute 5 Rest

Repeat the above 5 activities four times to complete the 20 minute workout.

The objective of this work out is to raise the heart rate and keep it high while incorporating rest. On the plank rest briefly if needed and then reset to complete the minute. For the other exercises try and work consistently for the entire minute, don't go out too fast!!!



## FITNESS SESSION #4

### FITNESS MONOPOLY

- Print out or copy the Monopoly board on the next page.
- You will require a single dice – if you have no dice pick numbers 1 – 6 out of a hat.
- Find some game board pieces or similar and place in the start box. Roll the dice and move the corresponding number of places.
- Play at least twice around the board.

#### Extension:

Can they create their own fitness/activity monopoly board?



## FITNESS SESSION #5

### IN THE HAT

Write down 10 activities on different bits of paper and place them in a hat (suggestions below), write down the numbers 1-10 on different pieces of paper and place them in a different hat.

#### Suggested Activities

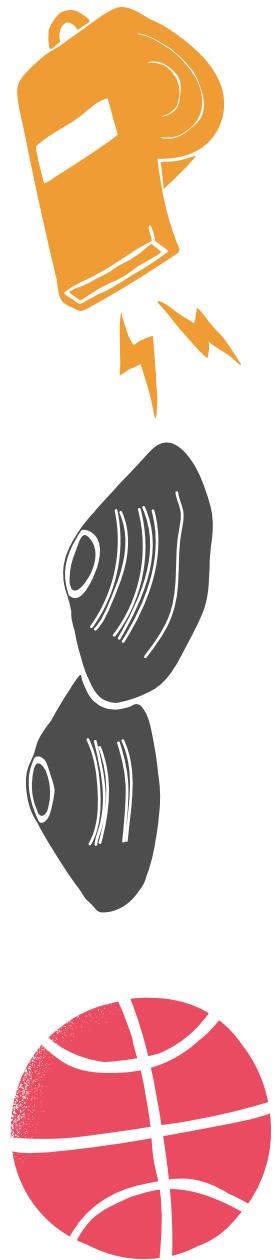
- Sit Ups
- Star Jumps
- Squats
- Lunges
- Down Ups
- Log Roll
- Tuck Jump
- Burpees
- Shuttle Runs
- Bicep Curls (with a can or bottle)



(You may be able to think of some different activities instead of the ones above).

Pick out a number and an activity, the number is how many of that activity you need to do.  
E.g. 10 squats, 3 burpees etc.

Start	10 alternating lunges on the spot	5 sit ups	Camel walk around the room	10 lateral raises with cans of beans	5 jumping air squats	Plank hold for maximum time
60 second heel balance	Gorilla walk around the room	20 seconds of fast mountain climbers	10 push ups	10 Front raises with cans of beans	60 second tiptoe balance	20 Heel Kicks
Reverse bear crawl 5 metres	10 tuck jumps	20 Star Jumps	20 second arch hold	10 Reverse Bear Crawl 5 metres	60 second tiptoe balance	60 second tiptoe balance



# FITNESS MONOPOLY

## FITNESS SESSION #6

### ALPHABET FITNESS

Spell out different words using the alphabet below.

Try spelling your name, your friends name, your dogs name or you could practise your spellings.

A	10 hops on left leg	J	30 second run on the spot	S	45 second balance on 1 foot
B	5 sit ups	K	15 teddy bear rolls	T	10 lunges
C	1 burpee	L	Pick up a teddy without using hands	U	15 second walk on your tip toes
D	30 hops on either leg	M	30 speed jumps over a cushion	V	2 180 degree jumps
E	20 second plank	N	7 log rolls	W	20 pike sit to tuck sit
F	15 squats	O	45 second balance socks on head	X	25 throwing socks up and down
G	15 hops on right leg	P	45 second arm circles	Y	15 second skip on the spot
H	10 forward jumps	Q	30 star jumps	Z	20 hit socks up and down with hand
I	25 second balance on 1 hand and 1 foot	R	10 second jugglings with socks		

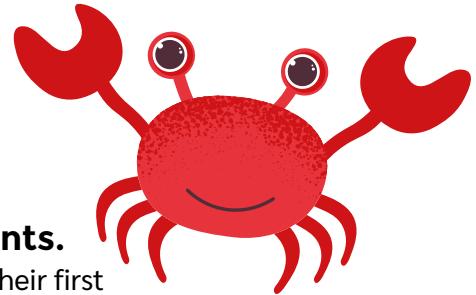
## FITNESS SESSION #7

### ANIMAL PENTATHLON

**Pentathlon is an athletic activity that consists of 5 events.**

Children can compete against each other or if a single child they can time their first attempt and try and beat it. Play this outside over a distance of 15-20 metres (shorten depending on age). If playing indoor one event may be 3 lengths of the living room.

- Event 1** **Bunny hops** (two feet to two feet jumping, knees bent)
- Event 2** **Bear Crawl** (heel to toe walking)
- Event 3** **Crab Walk** (walk on hands and feet sideways, but facing “up” – make a bridge)
- Event 4** **Donkey Kicks** (Hands on floor, kick both feet into air, land, jump forward)
- Event 5** **Gorilla Walk** (2 feet to 2 feet jumps (broad jump)



## FITNESS SESSION #8

### JUMP AROUND!

‘Musical Jumps’ Using lively music with a strong beat, get the children to move around their area to the music. Encourage them to express themselves freely to the music, but give children some pointers, such as big steps, short steps, moving low to the ground, moving high or changing direction.

Introduce different jumps: star, straight, tuck, half twist (always taking off and landing with 2 feet together). When you call out the name of a jump, children must stop and perform that jump.

#### Extension:

Children must come up with their own ‘freestyle’ jump. Encourage them to think about what would make a jump look good: e.g. powerful, good height, hands and toes pointing etc.

## FITNESS SESSION #9

### 10 MINUTE MADNESS!

Set a timer for 10 minutes. Repeat the circuit until the time is up. Keep track of your rounds using markers or pen and paper.



**10 jumps  
on the spot**



**10 sit and stand**



**10 torso twists**



**10 side kicks**



**10 air punches**



**Run 20 metres**