

January 2021 - Lockdown Games Lessons Y7-11

The format for Games lessons during this lockdown **will not** require students to log on to Microsoft Teams and instead a range of Games activities can be accessed here. This is to allow more flexibility regarding the specific time when students complete the lesson and the type of activities students can participate in. This means Games lessons are more tailored to students' own individual needs and maintain a focus on physical and mental wellbeing.

Students will still be required to complete their 2 hours of Games time (Years 7-9) and 1 hour of Games time (Years 10-11) but will have flexibility to choose what they complete during this time, using the options below.

There is the option to complete some **PHYSICAL ACTIVITY** sessions which focus more on overall fitness, health and wellbeing. There is also the option to complete some **PHYSICAL EDUCATION** sessions which will be in the form of at home mini challenges, using items that can typically be found around the home.

There will also be the "PE with Joe" workouts online provided by Joe Wicks every Monday, Wednesday and Friday live at 9:00am. These sessions will also be uploaded to his YouTube page to access at any time <https://www.youtube.com/c/TheBodyCoachTV/videos>

Physical Activity Sessions

1. Circuit Training at Home

- Easy - <https://www.youtube.com/watch?v=dhCMOC6GnrY>
- Moderate - <https://www.youtube.com/watch?v=WmGjxU3Ggko>
- Challenging - <https://www.youtube.com/watch?v=UBMk30rjy0o>
- Difficult - <https://www.youtube.com/watch?v=Q13siixKtmo>
- Insane - <https://www.youtube.com/watch?v=qudd1PE1UrQ>



2. Yoga / Mindfulness

- Yoga - <https://www.youtube.com/watch?v=m756Gz8de4M>
- Yoga - <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- Pilates - <https://www.youtube.com/watch?v=oQYBFhPbslw>
- Pilates - <https://www.youtube.com/watch?v=K-PpDkbcNGo>
- Flexibility https://www.youtube.com/watch?v=L_xrDATykMI
- Legs, bums & tums - <https://www.youtube.com/watch?v=sjKflvxdUp0>
- Meditation - <https://www.youtube.com/watch?v=wVSkYKj26qg>



3. HIIT – High Intensity Interval Training

- Beginner – <https://www.youtube.com/watch?v=q20pLhdoEoY>
<https://www.youtube.com/watch?v=5nZ2iBGvFhE>
- Intermediate – <https://www.youtube.com/watch?v=zwEQRsEor7M>
<https://www.youtube.com/watch?v=zwEQRsEor7M>
- Advanced – https://www.youtube.com/watch?v=kDvXi49_8wk
<https://www.youtube.com/watch?v=4Utjc2vZYRg>



4. Just Dance

https://www.youtube.com/channel/UChjW4BWKLqpojTrS_tx0mg

- Choose 5 of your favourite songs to dance to!
- Aim for a range of difficulty to increase your workout



Physical Education Challenges

1. Coordination & Balance

Essential Equipment: a shoe, toilet roll, piece of A4 paper, 3 soft balls or sock bundles, small basket or empty bin

- Shoe balance & 360 turn <https://www.youtube.com/watch?v=0RWSwo1FziM>
- Crab Balance <https://www.youtube.com/watch?v=laNTHCDOSQg>
- Toilet roll balance <https://www.youtube.com/watch?v=Y4RrHB92fck>
- Single Leg Stand <https://www.youtube.com/watch?v=YBJpUYIYUrM>
- The Paper Pick <https://www.youtube.com/watch?v=nAsTpX3rJjk>
- The Backwards Roll Balance <https://www.youtube.com/watch?v=uQ9ZX6bS-C8>
- The 3 Ball Catch <https://www.youtube.com/watch?v=aBOWnNZyzCY>
- Flick & Catch <https://www.youtube.com/watch?v=8g2bA6sgcEg>



2. Backyard Basketball

Essential equipment: Basketball, football or any large ball, Bundled socks, Washing basket or small bin

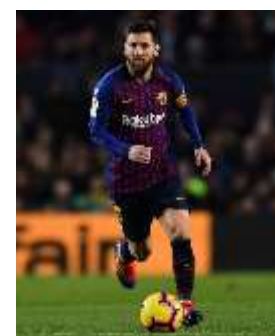
- Lesson 1 – Ball Handling Drills <https://www.youtube.com/watch?v=I6EdJWwcm-c>
- Lesson 2 – Indoor Shooting Challenge <https://www.youtube.com/watch?v=KrnJVErsTO>
- Lesson 3 – Ball Manipulation & Dribbling <https://www.youtube.com/watch?v=kw4D9iM8cDs>
- Lesson 4 – Basketball Fitness <https://www.youtube.com/watch?v=sloi90An4zk>
- Lesson 5 – Basketball Fitness <https://www.youtube.com/watch?v=HRGU3igMytM>



3. Backyard Football

Essential equipment: Football or suitable ball of any size

- Lesson 1 – Keepie Uppies <https://www.youtube.com/watch?v=BEcpRfM2jgQ>
- Lesson 2 – Ball Manipulation <https://www.youtube.com/watch?v=dqrcrS9Uelc>
- Lesson 3 – Passing <https://www.youtube.com/watch?v=0XI12FbjelE>
- Lesson 4 – First Touch <https://www.youtube.com/watch?v=h8X-2FS8ibY>
- Lesson 5 – Heading <https://www.youtube.com/watch?v=MpCVBirYgOo>



4. Backyard Tennis

Essential equipment: Tennis racquet & balls, or a frying pan & bundled up socks, washing basket or bin

- Lesson 1 – The Ready Position <https://www.youtube.com/watch?v=VTR-poje8aQ>
- Lesson 2 – The Basic Forehand <https://www.youtube.com/watch?v=wfdWgOgH0BA>
- Lesson 3 – The Basic Backhand <https://www.youtube.com/watch?v=-7XyMD7hy0Y>
- Lesson 4 – Introduction to Serving <https://www.youtube.com/watch?v=n6L1qK0S2Sc>
- Lesson 5 – Development of the Serve https://www.youtube.com/watch?v=FMX-MOK_Rig



5. Golf at Home

Essential equipment: Putter, Pitching wedge or sand wedge, Golf balls

- Lesson 1 – Putting Practice https://www.youtube.com/watch?v=Q_u1LLAf97Y
- Lesson 2 – Putting Game https://www.youtube.com/watch?v=-gH_0ydRCbA
- Lesson 3 – Chipping Challenge <https://www.youtube.com/watch?v=dRJOdxU-GpA>
- Lesson 4 – Create an Indoor Putting Course <https://www.youtube.com/watch?v=62ViNWCrKDE>
- Lesson 5 – Golf Ball Juggling <https://www.youtube.com/watch?v=XL6HUfYGd2k>



**YOUTH
SPORT
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#ThisisPE Secondary Activities – Youth Sports Trust

The Youth Sports Trust have also created some Secondary PE resources that can be accessed online and have a focus around **PHYSICAL EDUCATION** challenges that can be completed at home. Each #ThisisPE secondary PE activity comes with a downloadable learning card outlining what space and equipment is needed,

personal and physical learning outcomes, guidance on adapting the activity to make it harder or easier and some questions to consider.

<https://www.youthsporttrust.org/free-home-learning-resources-secondary>

If you require any further advice or guidance then please do not hesitate to get in touch. I hope you enjoy the range of lessons and activities on offer and are able to maintain physical activity during these challenging times.

Yours in sport,



Matthew Burt
Head of Physical Education