

PE and Physical Activity – Year 3 and 4

- Aim for an average of at least 60 minutes of **moderate intensity** activity a day across the week. This will raise your heart rate, and make you breathe faster and feel warmer. Ideally, we should aim to do some sort of Physical Activity for 10 minutes in every hour. A good way of knowing you are working at the correct level is you can still talk but cannot sing!! Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer, includes hoovering, tidying bedrooms and other housework!!!!
- Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.

Below are daily activities which last for 30 minutes (15 minute skills, 15 minutes fitness) and will help your child and yourself increase core skills and fitness.

		Monday	Tuesday	Wednesday	Thursday	Friday
Year 3/4	Skill 15 mins	Catching – Use a ball, Soft toy, Socks, Scarf. 1. Throw the item and catch 10 times 2. Throw the item and clap before catching. How many claps can you do? 3. Throw and catch from different positions? (lying down, on knees, catch behind your back)	Target Throw – Use a ball, Soft toy, Socks, 1. Throw your item in a box/bucket/bag. Every time it goes in take a step further back. 2. Place an obstacle between the bucket and you. Eg a chair. 3. Create your own throwing golf course?	Balance – don't forget to do the activity with both legs. Hold for 5 seconds 1. Stand on one leg only for 10 seconds. 2. Try and make a many different shapes using different body parts? 3. Counting to 10, each number = the number of body parts touching the floor. Eg 1 = one foot, 2= hand and foot etc	Jumping and landing – don't forget to use your arms to help. Take off and land on the ball of your foot and hold the landing for 3 seconds 1. Practice the different jumps. Take off 2 feet land 2 feet, 1 foot to 2 feet, 1 foot to same 1 foot, 1 foot to the other foot, 2 feet to 1 foot. 2. Create a routine using all the different jumps.	Strength 1. Plank – balance on your forearms and toes keeping your back as flat as possible, for as long as possible. 2. Wall press up – stand against a wall and take two steps back keeping your hands on the wall. Bend and straighten your arms. Try different speeds and distances from the wall.
	Fitness 15 mins	Dice game. Each number relates to an exercise. 1= 10 star Jumps, 2= 10 stand up sit down, 3= 10 hops on your right leg, 4= 10 hops on your left leg, 5= 10 kangaroo two footed jumps, 6= 10 sec rest	Shuttle runs Put two markers about 5-10 metres apart and move between in as many ways as possible. Side ways, fast, slow, jumping, army crawl, dribbling a ball etc	Balloon Keepy uppy Mark an area, keep the balloon up from the ground. Add another balloon after every 10 seconds. How many can you keep in the air at one time?	Pick up. Place 15 items (socks, balls, teddy bears) around the room. Pick up 1 item at a time and place in box or tub in the middle of the area. How fast can you do it? Can you beat your score?	Movement Put on your favourite song and move in as many ways of possible. For example – run on the spot, jumping on spot, fortnight dances. How many songs can you last before stopping?

Below are some good links for physical activity on the internet.

Cricket - <https://www.chancetoshine.org/teaching-resources> Football <https://www.mcdonalds.com/gb/en-gb/family-hub/challenges.html>

Yoga [https://www.bbc.com/ownit/take-control/yoga-detox?xtor=CS8-1000-\[Discovery_Cards\]-\[Multi_Site\]-\[SL08\]-\[PS_OWN_IT~N~~P_TakeControlYogaDetox\]](https://www.bbc.com/ownit/take-control/yoga-detox?xtor=CS8-1000-[Discovery_Cards]-[Multi_Site]-[SL08]-[PS_OWN_IT~N~~P_TakeControlYogaDetox])

Joe Wicks Fitness <https://www.youtube.com/playlist?list=PLoFs-pW9hQxSEEHr4TZITZtv-0EFhV7ak>