

Physical Education



Choose one physical activity option below to complete each Friday

Complete the 60 second weekly challenge below

Why not get the family involved too 😊

1. Choose the exercise to complete
2. Submit a photo/video of you and/or family completing the activity
3. Submit the photo/video to Ms. Connolly on Google Classroom or by email to e.connolly@driversdalecc.com
4. Stay safe follow the, please adhere to "level 5 restrictions"

Physical Activities Options: Choose any one each Friday

- o Participate in P.E with Joe Wicks January workout find the link below or find uploaded on Google Classroom <https://youtu.be/tSi2ixii180>
- o At home 4 Week Cardio Workout posted in Google Classroom
- o Go for a "Walk use a tracker app, map my walk and upload result
- o Go for a "Jog/Run" use a tracker app, map my walk and upload result
- o Go for a "Cycle", use a tracker app, map my walk or run
- o Improve your sports skills, practice football, basketball, boxing skills or any other sport
- o Walk the dog, don't forget to let them sniff make it fun for them too

Get dancing

- o Oti Mabuse Family Dance Workout <https://youtu.be/mFQBNwOQOac2>
- o Dance Classes with Oti Mabuse & Marius Lepure <https://youtu.be/T8FDcxCFY>
- o 30-minute Hip Hop Fit Dance Workout: <https://youtu.be/NkaGokD16GU>

60 Second Challenge

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Star Jumps

The Physical Challenge
How many star jumps can you complete in 60 seconds?
Make sure you clap your hands above your head and bring your feet together.
#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Can you maintain your technique even when you are tired?

Achieve Gold
60 Star Jumps

Achieve Silver
45 Star Jumps

Achieve Bronze
30 Star Jumps