

PHYSICAL EDUCATION

Home Learning Resource | Volume 2



SAINTS
SOUTHWEST

A PARTNERSHIP WITH
SOUTHAMPTON FOOTBALL CLUB



ABOUT THIS RESOURCE

Parents, children and teachers, we hope you find this 'Physical Education - Home Learning' resource useful to you during a time where you may find yourself at home, away from school, or self isolating.

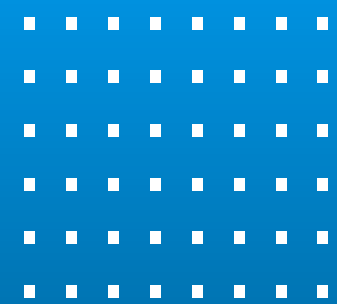
Our passion for providing this resource is to keep the nation active and healthy, in mind, body and spirit.

INTERACT WITH US

We would love for you all to share your attempts at these challenges. Please do this via any of the following;

- info@saintssouthwest.co.uk
- Social Media:
 - Facebook
 - Twitter
 - Instagram

NOW GO AND HAVE A GO!



01

FITNESS CHALLENGE

Fun fitness combined with maths. "The Playing cards challenge"

02

THROWING CHALLENGE

Aiming and target practice. "BattleShips"

03

ATHLETICS

To challenge and beat your personal best.

04

REACTION CHALLENGE

To improve reaction time. Which links and helps with lots of sports.

05

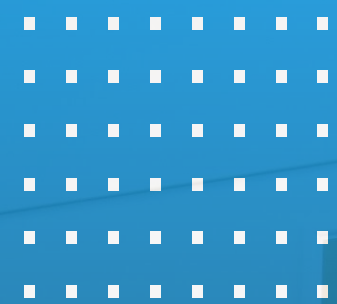
ORIENTEERING

To create and follow a map leading to various fitness challenges.

06

CREATE YOUR OWN

Can you come up with and create a challenge for a family member or friend.



FITNESS CHALLENGE

SECTION ONE

Playing cards challenge



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EQUIPMENT | Mat or a suitable space

SPORT | Fitness challenge

TOPIC | Playing cards challenge

HOME ACTIVITY

Always Play Safe
Make sure the area you are using is safe to play



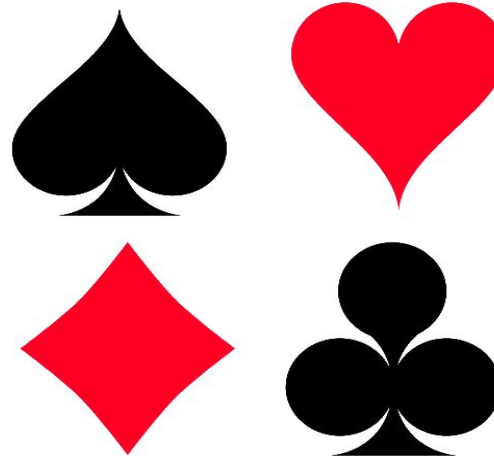
PLAYING CARDS | BRONZE

To collect and perform the number shown on the card and the exercise below. Stop when you reach the target number **50!**

Jack= 11 Queen = 12 = King = 13 Ace= 14

Clubs = Squats
Hearts = Burpees
Diamonds = Plank crunch
Spades = Plank to press up

E.g. 8 of Clubs = 8x Squats



PLAYING CARDS | SILVER

To collect and perform the number shown on the card and the exercise below. Stop when you reach the target number **70!**

Jack= 11 Queen = 12 = King = 13 Ace= 14

Clubs = Squats
Hearts = Burpees
Diamonds = Plank crunch
Spades = Plank to press up

E.g. 8 of Clubs = 8x Squats



PLAYING CARDS | GOLD

To collect and perform the number shown on the card and the exercise below. Stop when you reach the target number **90!**

Jack= 11 Queen = 12 = King = 13 Ace= 14

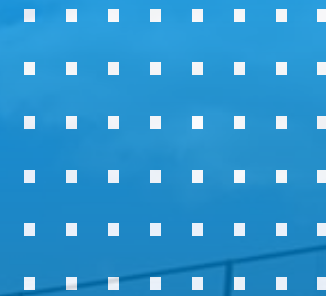
Clubs = Squats
Hearts = Burpees
Diamonds = Plank crunch
Spades = Plank to press up

E.g. 8 of Clubs = 8x Squats



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THROWING CHALLENGE

SECTION TWO

Developing target practice and
coordination



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EQUIPMENT | Suitable space & household items

SPORT | Applicable across various sports

TOPIC | Target and Coordination practice

HOME ACTIVITY

Always Play Safe

Make sure the area you are using is safe to play



BATTLESHIPS | BRONZE

Play with a family member, place three targets in front of yourself. Aim of the game is to throw an object at the target. If it is hit they remove that "ship" first person to sink all the ships win.

- Underarm throwing
- 3 targets to destroy
- Distance away 2 meters



BATTLESHIP | SILVER

Play with a family member, place six targets in front of yourself. Aim of the game is to throw an object at the target if it is hit they remove that "ship" first person to sink all the ships win.

- Underarm throwing x3 ships
- Overarm throwing x3 ships
- 6 targets to destroy
- Distance away 2 meters



BATTLESHIPS | GOLD

Play with a family member, place nine targets in front of yourself. Aim of the game is to throw an object at the target if it is hit they remove that "ship" first person to sink all the ships win.

- Underarm throwing x3 ships
- Overarm throwing x3 ships
- Weak hand (opposite hand) x3 ships
- 9 targets to destroy
- Distance away 3 meters



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A blue-tinted photograph of a gymnasium. In the center, a large wooden structure with multiple levels and horizontal bars is being used by several children. One child is climbing a ladder-like part of the structure, while others are on different levels. The gym has large windows in the background and a door on the left. The overall scene is active and energetic.

ATHLETICS SESSION

Beating a personal best

SECTION THREE



SAINTS SOUTHWEST

A PARTNERSHIP WITH
SOUTHAMPTON FOOTBALL CLUB

EQUIPMENT | Mat or a suitable space

SPORT | Athletics

TOPIC | Beating a personal best

HOME ACTIVITY

Always Play Safe
Make sure the area you are using is safe to play



ATHLETICS SESSION | BRONZE

Can you create and beat your personal best?

Vertical jump and standing long jump, how far can you jump, think about how you can beat your last score?

- Standing long jump- land with 2 feet, measure from either the back foot or furthest body part
- Vertical jump- hands up straight Jump and measure where your Hands finish. Or set a target for you To try and hit.



ATHLETICS SESSION | SILVER

Can you create and beat your personal best?

Think about how you can improve on your score and what is going to help you to achieve this.

- Standing long jump - move starting position 30cms
- Vertical jump
- Speed bounce - 20 seconds



ATHLETICS SESSION | GOLD

Can you create and beat a personal best?

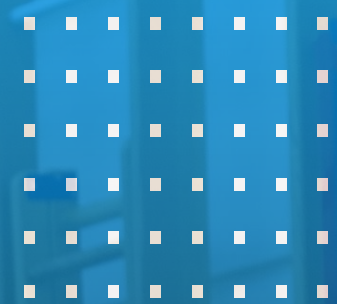
Think about how you can improve on your score and what is going to help you to achieve this.

- Standing long jump - move starting position - 60cms back
- Vertical jump
- Speed bounce - 20 seconds
- Balance test - how long can you balance



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REACTION CHALLENGE

To improve reaction time
and speed

SECTION FOUR

HOME ACTIVITY

Always Play Safe
Make sure the area you are using is safe to play



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SOUTHAMPTON FOOTBALL CLUB

EQUIPMENT | Suitable space & teatowel

SPORT | Applicable across various sports

TOPIC | To improve reaction speed



TEATOWEL CHALLENGE | BRONZE

To test reaction speed and alertness .Set out a distance (further away the harder it is).Try and get 10 in a row!

1. Throw underarm or overarm try to catch the "Tea towel" before it lands.
2. Try this time with a family member dropping it and try to catch it before it lands.



TEATOWEL CHALLENGE | SILVER

To test reaction speed and alertness .Set out a distance (further away the harder it is).Try and get 20 in a row! Try going further back again!

1. Face the opposite direction throw overhead and try to catch it before it lands.
2. This time from a knelt down position have a family member drop it, try to catch it before it hits the ground.



TEATOWEL CHALLENGE | GOLD

To test reaction speed and alertness . Set out a distance (further away the harder it is). Try and get 35 in a row! Try going further back again!

1. From a lying down position have a family member drop the tea towel try to catch it before it lands.
2. Try catching 2 at the same time from any starting position



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ORIENTEERING CHALLENGE

To create a map and locate
the challenges

HOME ACTIVITY

Always Play Safe
Make sure the area you are using is safe to play

EQUIPMENT | Suitable space & ball

SPORT | Orienteering

TOPIC | To locate and complete the challenges

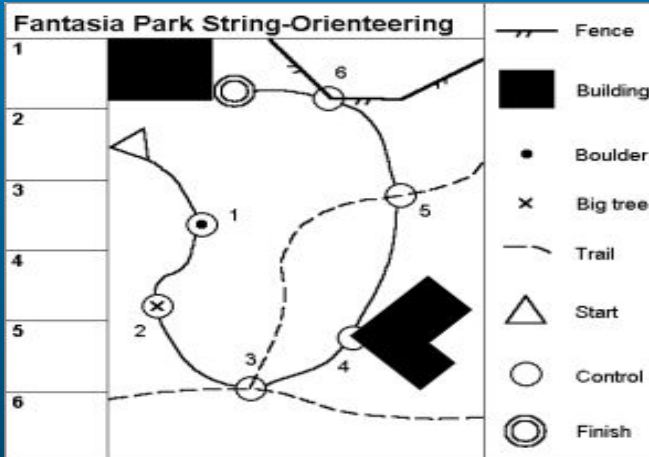


ORIENTEERING | BRONZE

Create a map of your house, make sure to include as much detail as possible., **put 5 O's** on the map.

Write down on a piece of paper the following challenges and put them in the house where the O's are

1. 15x Sit ups
2. 15x Burpees
3. 15x throws and catches
4. 30 seconds balancing on 1 foot
5. 1 minute jogging on the spot

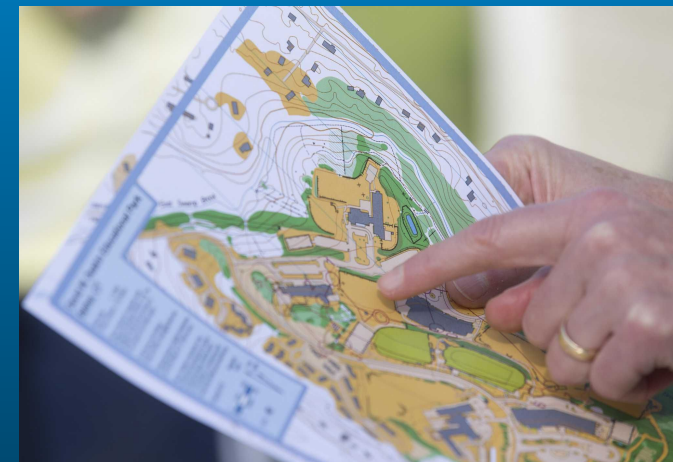


ORIENTEERING | SILVER

Create a map of your house, make sure to include as much detail as possible., **put 8 O's** on the map.

Write down on a piece of paper the following challenges and put them in the house where the O's are

1. 15x Burpees
2. 30x throws and catches
3. 1 minute jogging on the spot
4. 20x squat jumps
5. 30 second plank hold
6. 20x single armed catches
7. 1 minute skipping challenge
8. V-sit balance - Dish - Shoulder stand X10 times



ORIENTEERING | GOLD

Create a map of your house, make sure to include as much detail as possible., **put 8 O's** on the map.

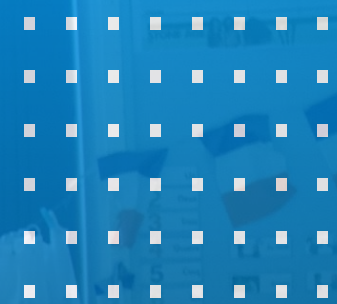
Write down on a piece of paper the following challenges and put them in the house where the O's are

1. 15x Burpees
2. 30x throws and catches
3. 1 minute jogging on the spot
4. 20x squat jumps
5. 30 second plank hold
6. 20x single armed catches
7. 1 minute skipping challenge
8. V-sit balance - Dish - Shoulder stand X10 times



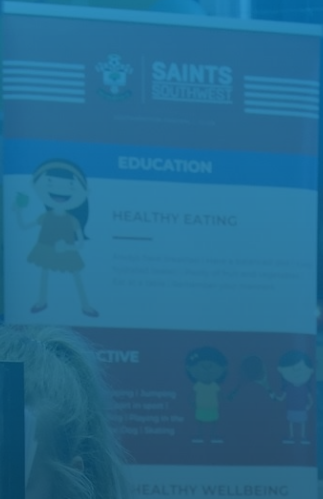
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CREATE YOUR OWN

“Potential into Excellence”





SAINTS SOUTHWEST

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EQUIPMENT | Suitable space & Ball

SPORT | Multisport + Fitness

TOPIC | Personal challenge

HOME ACTIVITY

Always Play Safe
Make sure the area you are using is safe to play



CREATE YOUR OWN BALL SKILLS CHALLENGE

Can you now come up and create a challenge of your own for ball skills thinking of the challenges you have already done. Try to think of the three levels, Bronze, Silver and Gold.



CREATE YOUR OWN FITNESS CHALLENGE

Can you now come up and create a fitness challenge thinking of the challenges you have already done and the exercises you have already completed. Try to think of the three levels, Bronze, Silver and Gold.



CREATE YOUR OWN MULTI SPORTS CHALLENGE

Can you now come up and create a challenge of your own for ball skills or any multiskills, thinking of the challenges you have already done. Try to think of the three levels, Bronze, Silver and Gold.



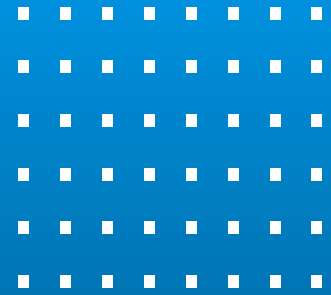
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Do you have any questions?

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