

PHYSICAL EDUCATION

Home Learning Resource | Volume 1



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.

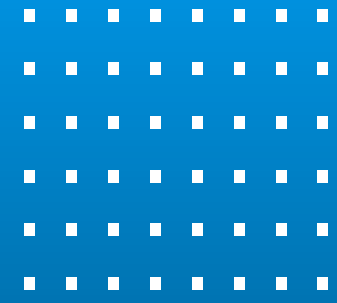
Our passion for providing this resource is to keep the nation active and healthy, in mind, body and spirit.

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

5 star circuit challenge - how many can you do?

02

ABC's SESSION

Agility, Balance and Coordination challenge.

03

GYMNASTICS CHALLENGE

To complete and create your own gym routine.

04

FITNESS CHALLENGE

As many rounds as possible - Children v Parents.

05

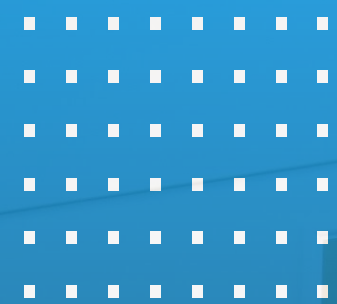
BALL SKILLS

To improve coordination skills completing a range of challenges.

06

CREATE YOUR OWN

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



FITNESS CHALLENGE

SECTION ONE

5 Star Circuit Challenge



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EQUIPMENT | Mat or a suitable space

SPORT | Fitness Challenge

TOPIC | 5 Star Circuit Challenge

HOME ACTIVITY

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



5 STAR CHALLENGE | BRONZE

As many repetitions as possible in 2 minutes

- Squats
-
- Jumping Jacks
-
- Sit ups
-
- Press ups
-
- High Knees on the spot



5 STAR CHALLENGE | SILVER

As many repetitions as possible in 2 minutes

- Mountain climbers
-
- Plank to press up
-
- Jumping Lunges
-
- Lay down stand ups
-
- Butterfly sit up



5 STAR CHALLENGE | GOLD

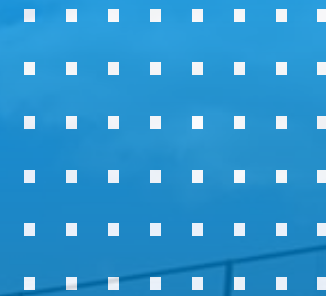
As many repetitions as possible in 2 minutes

- Burpees
-
- Squat Jumps
-
- Bear Crawls
-
- Pyramid Press ups
-
- Squat Thrusts



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ABC's SESSION

SECTION TWO

Developing Agility, Balance & Coordination



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EQUIPMENT | Suitable space & household items

SPORT | Applicable across various sports

TOPIC | Agility, Balance and Coordination

HOME ACTIVITY

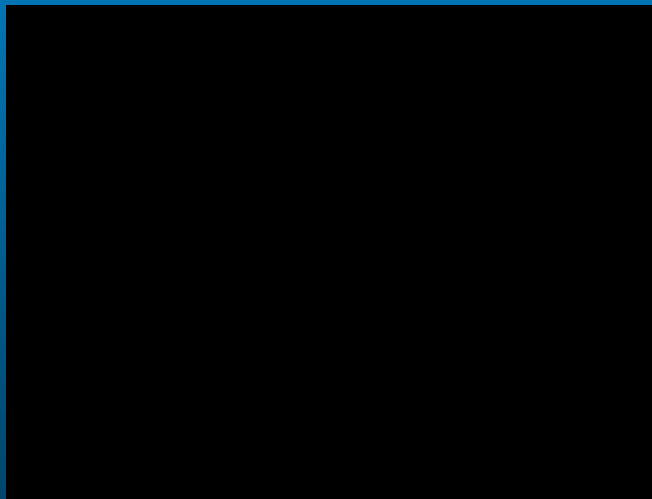
Always Play Safe
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NOUGHTS & CROSSES | BRONZE

Complete the obstacle course without falling off.
Play against a family member or friend, O's vs X's.
Match 3 to win.

- Heel to toe walking in a straight line
- Hop from marked area balancing on one foot
- Pick up the cup and place into marked area. X and O make 3 in a row to win



NOUGHTS & CROSSES | SILVER

Complete the obstacle course sideways without falling off. Play against a family member or friend, O's vs X's. Match 3 to win.

- Heel to toe walking in a straight line balancing an object on your head
- Hop from marked area balancing on one foot
- Pick up the cup and place into marked area. X and O make 3 in a row to win.
- Now can you add in one of your own challenges



NOUGHTS & CROSSES | GOLD

Complete the obstacle course backwards without falling off. play against a family member or friend, O's vs X's. Match 3 to win.

- Heel to toe walking in a straight line balancing an object on your head
- Hop from marked area balancing on one foot
- Pick up the cup and place into marked area. X and O make 3 in a row to win.
- Now can you add in one of your own challenges



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GYMNASTICS
SESSION

Create your own routine

SECTION THREE



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EQUIPMENT | Mat or a suitable space

SPORT | Gymnastics

TOPIC | Routine Challenge

HOME ACTIVITY

Always Play Safe

Make sure the area you are using is safe to play



GYMNASTICS ROUTINE | BRONZE

Can you complete a routine using all 6 of the below, in a range of spaces and be creative with the equipment you have.

1. V-sit balance
2. 1- point balance
3. Forward roll
4. Tuck Jump
5. Front support balance
6. Animal travel



GYMNASTICS ROUTINE | SILVER

Can you complete a routine using all 9 of the below, in a range of spaces and be creative with the equipment you have.

1. Forward roll
2. Shoulder stand
3. Back support
4. Star jump
5. Egg roll
6. Dish
7. 3 point balance
8. Pike jump
9. V-sit balance



GYMNASTICS ROUTINE | GOLD

Can you complete a routine using all 9 of the below, in a range of spaces and be creative with the equipment you have.

1. 1/4 turn pencil jump
2. Dish
3. Forward roll
4. Front support
5. Side support
6. 1/2 turn tuck jump
7. Pencil roll
8. Shoulder stand
9. Any gymnastic movement or balance of your choice



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FITNESS CHALLENGE

Parents v Children

SECTION FOUR



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EQUIPMENT | Mat or a suitable space

SPORT | Fitness

TOPIC | AMRAP V Family member or friend

HOME ACTIVITY

Always Play Safe

Make sure the area you are using is safe to play



AMRAP | BRONZE

How many rounds can you complete in 30 minutes? After exercise 5 that's 1 full round.

1. Exercise 1 - 10x Jump squats
2. Exercise 2- 40x High Knees
3. Exercise 3- 10x burpees
4. Exercise 4- 15x push up
5. Exercise 5- 15 butterfly sit ups



AMRAP | SILVER

How many rounds can you complete in 30 minutes? After exercise 5 that's 1 full round.

1. Exercise 1 - 20x Jump squats
2. Exercise 2- 60x High Knees
3. Exercise 3- 20x Bear crawl to push ups
4. Exercise 4- 10x Lateral "death drops"
5. Exercise 5- 15x butterfly sit ups



AMRAP | GOLD

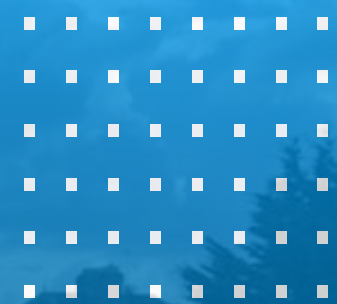
How many rounds can you complete in 30 minutes? After exercise 5 that's 1 full round.

1. Exercise 1 - 25x Jump squats
2. Exercise 2- 80x High Knees
3. Exercise 3- 30x Bear crawl to push ups
4. Exercise 4- 20x Lateral "death drops"
5. Exercise 5- 20x leg raises



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BALL SKILLS CHALLENGE

SECTION FIVE

Multi Sports skills



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EQUIPMENT | Suitable space & Ball

SPORT | Multisport

TOPIC | Ball skill challenges

HOME ACTIVITY

Always Play Safe

Make sure the area you are using is safe to play



BALL SKILLS CHALLENGE | BRONZE

Can you complete each challenge? Any sized ball smaller it is the harder it is! If you drop restart at 0

1. Challenge 1 - 10x bounces and catches without dropping it.
2. Challenge 2 - 10x throws and catches without dropping it.
3. Challenge 3 - 10x single arm bouncing without stopping



BALL SKILLS CHALLENGE | SILVER

Can you complete each challenge? Any sized ball smaller it is the harder it is! If you drop restart at 0

1. Challenge 1 - 20x single armed catches
2. Challenge 2 - 20x throws and clap catches
3. Challenge 3 - 20x sat down catches



BALL SKILLS CHALLENGE | GOLD

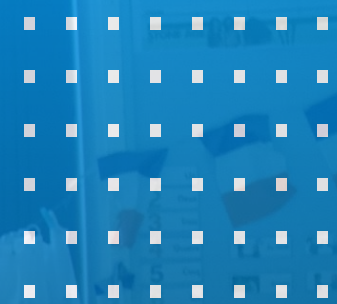
Can you complete each challenge? Any sized ball smaller it is the harder it is! If you drop restart at 0

1. Challenge 1 - 40x single armed catches
2. Challenge 2 - 40x catches while balancing
3. Challenge 3 - 30x catches rebound from the body



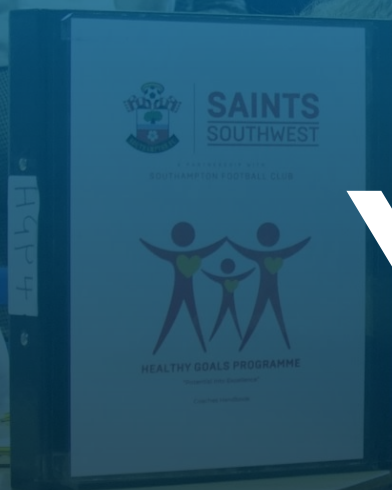
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CREATE YOUR OWN

“Potential into Excellence”





SAINTS SOUTHWEST

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EQUIPMENT | Suitable space & Ball

SPORT | Multisport + Fitness

TOPIC | Personal challenge

HOME ACTIVITY

Always Play Safe
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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.



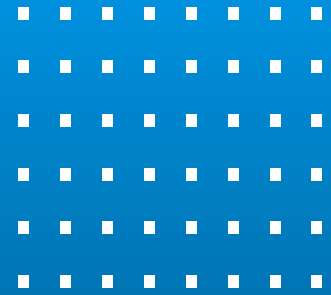
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Do you have any questions?

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