

PHYSICAL EDUCATION

Home Learning Resource | Volume 3



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.

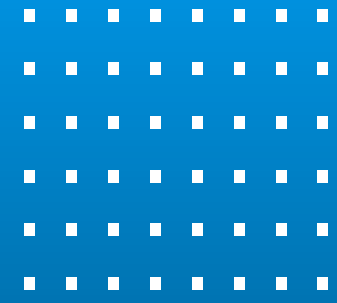
Our passion for providing this resource is to keep the nation active and healthy, in mind, body and spirit.

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 challenge.
"Alphabet athlete"

02

THROWING CHALLENGE

Aiming and target practice
"Climb the ladder".

03

Tennis

To improve hand eye coordination.

04

Bowling

To improve accuracy,
and problem solving.

05

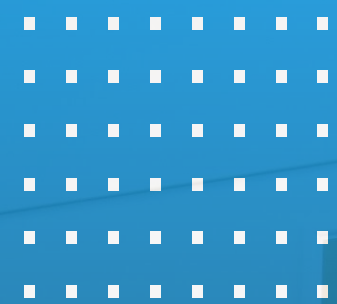
Yoga

To improve core stability and strength.

06

CREATE YOUR OWN

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



FITNESS CHALLENGE

SECTION ONE

“Alphabet Athlete”



SAINTS SOUTHWEST

A PARTNERSHIP WITH
SOUTHAMPTON FOOTBALL CLUB

EQUIPMENT | Suitable space & household items

SPORT | Fitness Challenge

TOPIC | Alphabet Athlete



HOME ACTIVITY

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

Now try and challenge
A friend or family member



Alphabet Athlete | BRONZE

Exercises are on the next slide

Choose an Athlete of your choice He/She can be from any sporting background, I.E Shane Long each letter of their name represents an exercise see if you can complete their **FIRST NAME** as fast as possible!



Alphabet Athlete | SILVER

Exercises are on the next slide

Choose an Athlete of your choice He/She can be from any sporting background, I.E Shane Long each letter of their name represents an exercise see if you can complete their **FIRST & LAST NAME** as fast as possible!



Alphabet Athlete| GOLD

Exercises are on the next slide

Choose **2 Athlete's** of your choice He/She can be from any sporting background, I.E Shane Long each letter of their name represents an exercise see if you can complete their **FIRST & LAST NAME** as fast as possible!



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EQUIPMENT | Mat or a suitable space

SPORT | Fitness challenge

TOPIC | Alphabet Athlete

Choose an Athlete then complete the exercise for each letter of their name! See how fast you can complete the challenge

A= 25 sit ups

B= 30 second plank hold

C= 40 Jumping Jacks

D= 60 seconds high knees on the spot

E= 20 Butterfly sit ups

F= 15 press ups

G= 20 plank to press ups

H= 15 pike press ups

I= 30 second Hollow hold

J= 15 single legged jumps (each leg)

K=30 squats

L= 15 burpees

M= 60 mountain climbers

N= 30 shoulder taps

O= 10 Commandos

P= 30 Plank Jacks

Q= 10 RDL's Jumps (each leg)

R= 10 windmill press ups

S= 20 bear crawls

T= 45 second wall sit

U= 10 burpees to tuck jump

V= 20 sit v- sit crunches

W=40 plank to press ups

X= 20 second sprints

Y= 100 mountain climbers

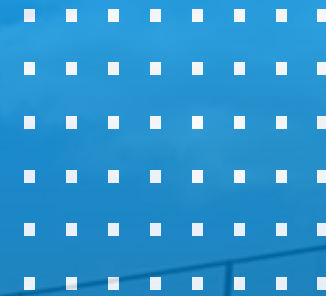
Z= 150 jumping jacks

HOME ACTIVITY

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

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THROWING CHALLENGE

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



Climb the ladder | BRONZE

Play against a family member or by yourself set up 3 targets each the same distance apart. Once you have hit the first target you can move onto the next part of the ladder. Once all the targets have been hit the game is over. You get 2 lives if you miss you lose a life if you lose all your lives start again. See how fast you can complete the challenge!

- Underarm throwing
- 3 parts of the ladder to climb



Climb the ladder | SILVER

Play against a family member or by yourself set up 5 targets each the same distance apart. Once you have hit the first target you can move onto the next part of the ladder. Once all the targets have been hit the game is over. You get 2 lives if you miss you lose a life if you lose all your lives start again. See how fast you can complete the challenge!

- Underarm throwing
- 5 parts of the ladder to climb



Climb the ladder | GOLD

Play against a family member or by yourself set up 8 targets each the same distance apart. Once you have hit the first target you can move onto the next part of the ladder. Once all the targets have been hit the game is over. You get 2 lives if you miss you lose a life if you lose all your lives start again. See how fast you can complete the challenge!

- Underarm throwing or overarm
- 8 parts of the ladder to climb



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A blue-tinted photograph of a gymnasium. In the center, a large wooden climbing structure with various beams and ladders is visible. Several children are engaged in activities on the structure. The background shows a bright, well-lit room with large windows and a door. The overall scene is active and educational.

Tennis SESSION

Improving hand eye
coordination

SECTION THREE



SAINTS
SOUTHWEST

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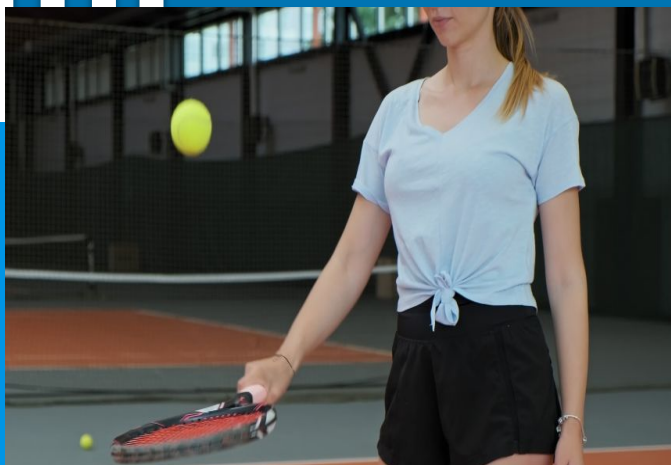
EQUIPMENT | Hand/ Any object a ball or baloon

SPORT | Tennis

TOPIC | Improving hand eye coordination

HOME ACTIVITY

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



TENNIS SESSION | BRONZE

Using a Racquet, your hand or any equipment suitable can you complete the following challenges Remember NEW THINKING can you be creative!

- 15x "keep Up's' with ball or balloon
- 15x ups to catches
- 15x underarm serves to a target of your choice, (smaller the target the harder it is)



TENNIS SESSION | SILVER

Using a Racquet, your hand or any equipment suitable can you complete the following challenges Remember NEW THINKING can you be creative!

- 25x keepy ups without dropping the ball/ balloon
- 25x ups to catching it without dropping it
- 25x under arm serves at a target
- 10x back hand shots

Now try and have a friend or family member throw the ball towards you, can you return the ball back to their hands.



TENNIS SESSION | GOLD

Using a Racquet, your hand or any equipment suitable can you complete the following challenges Remember NEW THINKING can you be creative!

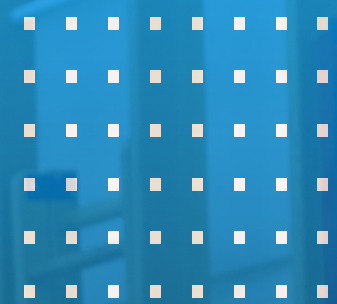
- 35x keepy ups without dropping the ball/ balloon
- 35x ups to catching it without dropping it
- 35x under arm serves at a target
- 15 x back hand shots
- 20x Returns back to family/ friend

Now can you play a rally with a family member?



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Bowling CHALLENGE

To improve accuracy and
problem solving

HOME ACTIVITY

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



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EQUIPMENT | Suitable space, 10 objects, 1x ball

SPORT | Applicable across various sports

TOPIC | To improve accuracy and problem solving



BOWLING CHALLENGE | BRONZE

To improve accuracy and to develop problem solving skills set up 10 objects in a pyramid shape. How many can you knock down each object is worth 1 point.

1. Using your strongest hand bowl the ball towards the object, remove the objects it hits. How many points can you get in two goes?
2. Try this time with your weaker hand.



BOWLING CHALLENGE | SILVER

To improve accuracy and to develop problem solving skills **set up 2 lots of 5 objects** in a pyramid shape. How many can you knock down each object is worth 1 point.

1. This time move the distance that your are bowling further away, make the distance between the objects further away as well 2x goes with stronger and weaker hand.
2. From a kneeling down position, see how many objects you can knock down



BOWLING CHALLENGE | GOLD

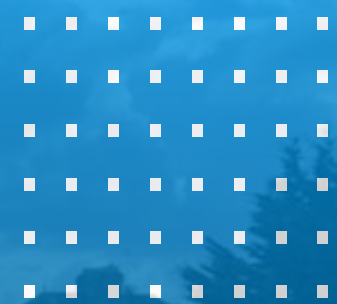
To improve accuracy and to develop problem solving skills **set up 3 lots of objects in any formation try and be creative** How many can you knock down each object is worth 1 point.

1. From a lying down position try and roll the ball towards the targets this time 3x goes with stronger hand then repeat with you weaker hand.
2. This time try and play against a family member. 10x round see who can get the most points.



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Yoga CHALLENGE

To improve flexibility and
strength

SECTION FIVE



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EQUIPMENT | Suitable space

SPORT | YOGA

TOPIC | To improve core strength and flexibility

HOME ACTIVITY

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

BASIC POSES

MOUNTAIN POSE



CHAIR POSE



PUPPY DOG ON CHAIR



DOWNWARD DOG



WARRIOR II



TRIANGLE POSE



TREE POSE



BRIDGE POSE



BOUND ANGLE POSE



CORPSE POSE



YOGA | BRONZE

To help improve and develop flexibility and strength can you have a go at the following poses and holds?

Try and hold each pose 30-45 seconds then move onto the next balance and pose try and repeat all of the balances twice through



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SAINTS SOUTHWEST

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EQUIPMENT | Suitable space

SPORT | YOGA

TOPIC | To improve core strength and flexibility

HOME ACTIVITY

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

INTENSE SIDE STRETCH POSE



DOLPHIN POSE



BOW POSE



CAMEL POSE



INTERMEDIATE POSES

PLANK POSE



CHATURANGA DANDASANA



UPWARD FACING DOG



HALF MOON POSE



WARRIOR I



WARRIOR III



YOGA| SILVER

To help improve and develop flexibility and strength can you have a go at the following poses and holds?

Try and hold each pose 30-45 seconds then move onto the next balance and pose try and repeat all of the balances twice through



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EQUIPMENT | Suitable space

SPORT | YOGA

TOPIC | To improve core strength and flexibility

HOME ACTIVITY

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

ADVANCED POSES

SIDE PLANK



WALL-ASSISTED
HANDSTAND



WALL-ASSISTED
FOREARMSTAND



CROW POSE



WHEEL POSE



SEATED FORWARD FOLD



REVOLVED
TRIANGLE



BOAT POSE



HEADSTAND



SHOULDERSTAND



YOGA GOLD

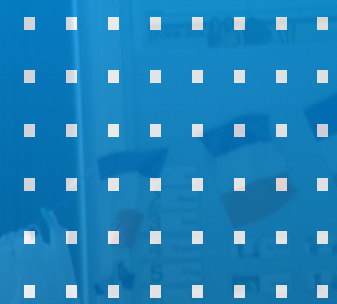
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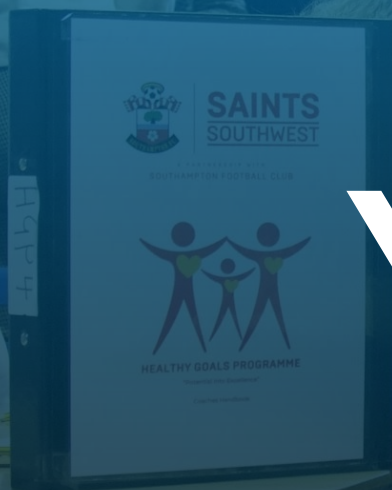
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CREATE YOUR OWN

“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.



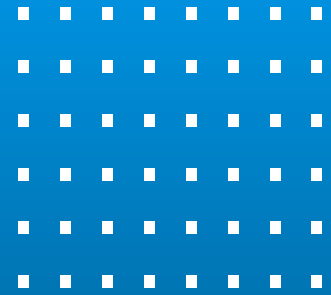
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Do you have any questions?

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