

# PE Family Learning Project



Challenge: Can you work together as a family to create

- a circuit
- a set of challenge activities
- a dance routine
- a workout



## A Circuit

You could make one in the house or garden. You could use the stairs to run or jump up. You could use chairs or blankets to make a tunnel to crawl through. You could use cups or plant pots to weave in and out of. You could use a bed or the lawn to roll across.

You could see how many laps you can do in a given time.

You could video your family completing it.

## Tips

Use your imagination.

Be as creative as you can.

Use any household equipment if you don't have PE equipment.

Draw your challenges on paper.

## A set of Challenge Activities

You could see how long you could balance something such as a wooden spoon on your hand, head or foot.

You could put a set of pans on the floor and see how many times you can throw or hit a ball or rolled up pair of socks into them.

You could put a set of plastic cups flat on their side on the floor and use a tube of paper to see if you could hit a ball into the cups.

You could use a ball, orange or balloon and see how many different ways you can keep it up or pass it around your body.

## A Dance Routine

You could make up a routine to one of your favourite songs. Each family member could think of a different move to add. You could all then perform the routine.

You could draw a set of instructions to use to teach your family a dance routine e.g the Floss

You could make up movements to a dance such as the Hakka and teach it to your family. You could video it.



## A Workout

You could make up a family workout. Everyone could choose an exercise such as star jumps, sit ups, marching on the spot or fast feet. You could do each activity for 30 seconds and then rest for 30 seconds.

You could make a spinner by drawing each activity on it. Each family member spins it to decide which exercise to do.