

## w/b 20.4.20 Class 3's home Learning: PE

Have you looked at our online PE resource, 'Real PE'?

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wreningham



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Early Years / Key Stage 1 **Key Stage 2**

### Day 1

- ▶ **KS2 Day 1 video**
- ★ Morning (20 mins)  
**Dice Frenzy warm-up**
- ★ Afternoon (20 mins)  
**Personal Best Challenge - Matching Pairs**
- ★ Afternoon (20 mins)  
**Personal Best Challenge – Balloon Balance**
- ★ Evening (20 mins)  
**FUNS Skills: One Leg Balance**
- ★ Record your time/score so you can try to beat it at the end of the week. Film your PB challenges.

### Day 2

- ▶ **KS2 Day 2 video**
- ★ Morning (20 mins)  
**Select Footwork Patterns game**
- ★ Afternoon (20 mins)  
**FUNS Skills: Footwork**
- ★ Afternoon (20 mins)  
**Mirror Image game**
- ★ Evening (20 mins)  
**Dice Frenzy game**
- ★ Play a family game of Dice Frenzy. Film your footwork patterns.

### Day 3

- ▶ **KS2 Day 3 video**
- ★ Morning (20 mins)  
**Shape Up! warm-up**
- ★ Afternoon (20 mins)  
**FUNS Skills: One Leg Balance**
- ★ Afternoon (20 mins)  
**Rock, Paper, Scissors**
- ★ Evening (20 mins)  
**Pick Up Put Down game**
- ★ Create your own Shape Up! routine. Film your Shape Up! Performance.

### Day 4

- ▶ **KS2 Day 4 video**
- ★ Morning (20 mins)  
**real gym Travel Skills 2**
- ★ Afternoon (20 mins)  
**FUNS Skills: Footwork**
- ★ Afternoon (20 mins)  
**Mapping Pathways game**
- ★ Evening (20 mins)  
**Mirror Challenge game**
- ★ Use string, pieces of paper and clothing for Mapping Pathways. Share your Mapping Pathways routine with a friend.