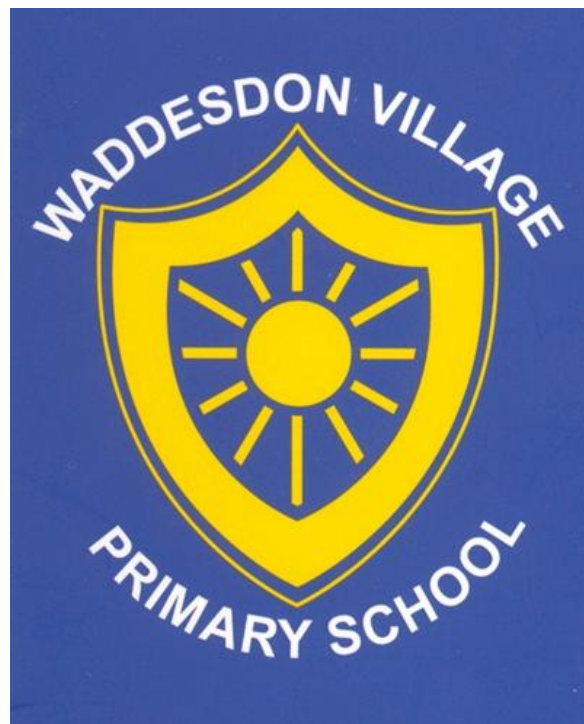


# Home learning Physical Education activities

**Waddesdon Village Primary School – a  
*Pathway to Excellence***



# Personal challenges

Long standing jump:

<https://www.youtube.com/watch?v=Dc-y0H6VNLk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=18&t=0s>

Move to the beat:

<https://www.youtube.com/watch?v=ALmZzLVORas&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=27&t=0s>

Move to the beat extravaganza:

<https://www.youtube.com/watch?v=WDs7STstjH4&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=23>

Space adventure:

<https://www.youtube.com/watch?v=6g3DA6ClyNk&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=29&t=0s>

Ball to wall personal challenge:

[https://www.youtube.com/watch?v=uVNOzAVIV\\_A&feature=emb\\_logo](https://www.youtube.com/watch?v=uVNOzAVIV_A&feature=emb_logo)

Passing and fitness personal challenge:

[https://www.youtube.com/watch?v=JQ3r5wFdMxg&list=PLX9GnyQdxaf5SqSnTYy\\_pc51k7lIPi4je&index=2](https://www.youtube.com/watch?v=JQ3r5wFdMxg&list=PLX9GnyQdxaf5SqSnTYy_pc51k7lIPi4je&index=2)

Musical hula hoop personal challenge:

[https://www.youtube.com/watch?v=qEhwyW\\_vO4M&list=PLX9GnyQdxaf5SqSnTYy\\_pc51k7lIPi4je&index=3](https://www.youtube.com/watch?v=qEhwyW_vO4M&list=PLX9GnyQdxaf5SqSnTYy_pc51k7lIPi4je&index=3)

Balance time:

<https://www.youtube.com/watch?v=jscbqUkVpVo&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=3&t=0s>

Jumping dice:

[https://www.youtube.com/watch?v=ufTx2tiT\\_VQ&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=25&t=0s](https://www.youtube.com/watch?v=ufTx2tiT_VQ&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=25&t=0s)

Sequence champions:

<https://www.youtube.com/watch?v=sIEIQTPVc3Q&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=15&t=0s>

Handstand personal challenge:

[https://www.youtube.com/watch?v=J4NweM2BsUw&list=PLX9GnyQdxaf5SqSnTYy\\_pc51k7lIPi4je&index=4](https://www.youtube.com/watch?v=J4NweM2BsUw&list=PLX9GnyQdxaf5SqSnTYy_pc51k7lIPi4je&index=4)

Race against the river:

<https://www.youtube.com/watch?v=ywIw7QTsUYo&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=28&t=0s>

Wacky races:

<https://www.youtube.com/watch?v=juEOiVZgW84&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=35&t=0s>

Let's Get Active:

<https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active-dance-zone-simple-movement-patterns/zbxvqp3>

Jo Wick's Daily Challenge:

Starts on Monday 11<sup>th</sup> January - Mon/Wed/Fri at 9am. Live workouts or access later in the day via The Body Coach app

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

## Wake and shake/ dance style activities

Go Noodle:

<https://www.youtube.com/watch?v=ymigWt5TOV8&list=PLsLdlyqFC4R5kDlsjwLNwc1RUiH06nEf3>

Zumba Kids:

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

Just Dance:

<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>

Supermovers:

<https://www.bbc.co.uk/teach/supermovers>

# Yoga and mindfulness

Cosmic Yoga:

[https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

Smiling Mind:

<https://www.good-thinking.uk/resources/smiling-mind/>

Imoves (\*active home learning – need class ID and password via Class Teacher)

<https://imoves.com/>