

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

Passing and fitness personal challenge:

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

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

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

Race against the river:

<https://www.youtube.com/watch?v=ywlw7QTsUYo&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=28&t=0s>

Wacky races:

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

Wake and shake/ dance style
activities

Yoga and mindfulness