

PE coverage 1<sup>st</sup> Feb to Easter

**FS**

Focus	WALTs	Links
Dance links to being imaginative	<ul style="list-style-type: none"> <li>- Move to music.</li> <li>- Copy dance moves.</li> <li>- Perform some dance moves.</li> <li>- Move around the space safely.</li> </ul>	Keep on the Move <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Keep%20on%20the%20Move.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Keep%20on%20the%20Move.pdf</a> <a href="https://www.youtube.com/watch?v=ZdZ-iglxF4s">https://www.youtube.com/watch?v=ZdZ-iglxF4s</a>
		Dance 'n Beats Lab <a href="https://www.youtube.com/c/DanceandBeatsLab/videos">https://www.youtube.com/c/DanceandBeatsLab/videos</a>
		Little Movers <a href="https://www.youtube.com/channel/UCWKQGWTCKhiAEirJPFMSMHQ/videos">https://www.youtube.com/channel/UCWKQGWTCKhiAEirJPFMSMHQ/videos</a>
		Kids Dance Fitness Routines <a href="https://www.youtube.com/user/dancefit2010/videos">https://www.youtube.com/user/dancefit2010/videos</a>
Gymnastics links to moving & handling  PASS Ltd <a href="https://www.youtube.com/channel/UCfV-iDu1vF9zX66PRzHzyw/video">https://www.youtube.com/channel/UCfV-iDu1vF9zX66PRzHzyw/video</a> Keep a watch on the link they keep adding new lessons	<ul style="list-style-type: none"> <li>- Make body tense, relaxed, curled and stretched.</li> <li>- Balance on small/large body parts &amp; understand stillness</li> <li>- Make large and small body shapes</li> <li>- Perform basic travelling actions on various body parts</li> </ul>	PASS – Lesson 1 <a href="https://www.youtube.com/watch?v=oHwud1BGXB8">https://www.youtube.com/watch?v=oHwud1BGXB8</a>
		PASS – Lesson 2 <a href="https://www.youtube.com/watch?v=-rSHwfM3kJ4">https://www.youtube.com/watch?v=-rSHwfM3kJ4</a>
		PASS – Lesson 3 <a href="https://www.youtube.com/watch?v=VDAY8Doxpc8">https://www.youtube.com/watch?v=VDAY8Doxpc8</a>
		PASS – Lesson 4 <a href="https://www.youtube.com/watch?v=0cj9jv1uAFw">https://www.youtube.com/watch?v=0cj9jv1uAFw</a>
		PASS – Lesson 5 <a href="https://www.youtube.com/watch?v=zcD-5n47Dac">https://www.youtube.com/watch?v=zcD-5n47Dac</a>

**Year 1**

Focus	WALTs	Links
Dance	<ul style="list-style-type: none"> <li>- Copy dance moves.</li> <li>- Make up a short dance, after watching one.</li> <li>- Dance imaginatively.</li> <li>- Change rhythm, speed, level and direction.</li> <li>- Say something I like about a dance</li> </ul>	<p>Dance 2 Enhance Academy  <a href="https://www.youtube.com/channel/UCvA5TgIDj8rc4-g80gnw6Sw">https://www.youtube.com/channel/UCvA5TgIDj8rc4-g80gnw6Sw</a></p> <p>34 Minutes of KIDZ BOP Dance Along  <a href="https://www.youtube.com/watch?v=sHd2s_saYsQ">https://www.youtube.com/watch?v=sHd2s_saYsQ</a></p> <p>Kids Dance Fitness Routines  <a href="https://www.youtube.com/user/dancefit2010/videos">https://www.youtube.com/user/dancefit2010/videos</a></p> <p>Animal Moves  <a href="https://www.youthsporttrust.org/sites/default/files/Animal%20Moves.pdf">https://www.youthsporttrust.org/sites/default/files/Animal%20Moves.pdf</a>  <a href="https://www.youtube.com/watch?v=lOkia65xtiQ">https://www.youtube.com/watch?v=lOkia65xtiQ</a></p> <p>Move to the Beat  <a href="https://www.youthsporttrust.org/sites/default/files/Move%20to%20the%20Beat.pdf">https://www.youthsporttrust.org/sites/default/files/Move%20to%20the%20Beat.pdf</a>  <a href="https://www.youtube.com/watch?v=ALmZL_VORas&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=27&amp;t=0s">https://www.youtube.com/watch?v=ALmZL_VORas&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=27&amp;t=0s</a></p> <p>Move to the Beat 2  <a href="https://www.youthsporttrust.org/sites/default/files/Move%20to%20the%20Beat%20Extravaganza.pdf">https://www.youthsporttrust.org/sites/default/files/Move%20to%20the%20Beat%20Extravaganza.pdf</a>  <a href="https://www.youtube.com/watch?v=WDs7STstjH4&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=26&amp;t=0s">https://www.youtube.com/watch?v=WDs7STstjH4&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=26&amp;t=0s</a></p> <p>Space Adventure  <a href="https://www.youthsporttrust.org/sites/default/files/Space%20Adventure.pdf">https://www.youthsporttrust.org/sites/default/files/Space%20Adventure.pdf</a>  <a href="https://www.youtube.com/watch?v=6g3DA6CIyNk&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=29&amp;t=0s">https://www.youtube.com/watch?v=6g3DA6CIyNk&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=29&amp;t=0s</a></p>
Gymnastics	<ul style="list-style-type: none"> <li>- Make body tense, relaxed, curled and stretched, showing some tension.</li> <li>- Begin to work alone/with someone to make a sequence of shapes/travels</li> <li>- Climb safely, showing some shapes and balances when climbing.</li> <li>- Keep balance travelling in a range of ways along bench, spots, mat etc</li> <li>- Roll in stretched/curled positions e.g. 'log' and 'egg rolls'</li> </ul>	<p>Balance Time  <a href="https://www.youthsporttrust.org/sites/default/files/Balance%20Time.pdf">https://www.youthsporttrust.org/sites/default/files/Balance%20Time.pdf</a>  <a href="https://www.youtube.com/watch?v=jscbqUkVpVo&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=3&amp;t=0s">https://www.youtube.com/watch?v=jscbqUkVpVo&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=3&amp;t=0s</a></p> <p>Jumping Dice  <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf</a>  <a href="https://www.youtube.com/watch?v=ufTx2ti_VQ&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=25&amp;t=0s">https://www.youtube.com/watch?v=ufTx2ti_VQ&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=25&amp;t=0s</a></p> <p>Sequence Champions  <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Sequence%20Champions.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Sequence%20Champions.pdf</a>  <a href="https://www.youtube.com/watch?v=sIEIQTpvc3Q&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=15&amp;t=0s">https://www.youtube.com/watch?v=sIEIQTpvc3Q&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=15&amp;t=0s</a></p> <p>Ship Shape  <a href="https://www.youthsporttrust.org/sites/default/files/Ship%20Shape.pdf">https://www.youthsporttrust.org/sites/default/files/Ship%20Shape.pdf</a>  <a href="https://www.youtube.com/watch?v=-LJw_i5wo94&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=16&amp;t=0s">https://www.youtube.com/watch?v=-LJw_i5wo94&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=16&amp;t=0s</a></p> <p>There are also the following Y1/2 Gymnastic lessons @  <a href="https://www.youtube.com/channel/UCfV-iDu1vF9zX66PRZxHzyw/videos">https://www.youtube.com/channel/UCfV-iDu1vF9zX66PRZxHzyw/videos</a></p> <p>For direct links look at Y2 Gymnastics below</p>

## Year 2

Focus	WALTs	Links
Dance	<ul style="list-style-type: none"> <li>- Change rhythm, speed, level and direction with consistency.</li> <li>- Dance with control and co-ordination.</li> <li>- Make a sequence by linking sections together.</li> <li>- Link some movement to show a mood or feeling.</li> <li>- Say something I like and something that could be improved about a dance</li> </ul>	<p>Dance 2 Enhance Academy  <a href="https://www.youtube.com/channel/UCvA5TgIDj8rc4-g8Ognw6Sw">https://www.youtube.com/channel/UCvA5TgIDj8rc4-g8Ognw6Sw</a></p> <p>34 Minutes of KIDZ BOP Dance Along  <a href="https://www.youtube.com/watch?v=sHd2s_saYsQ">https://www.youtube.com/watch?v=sHd2s_saYsQ</a></p> <p>Kids Dance Fitness Routines  <a href="https://www.youtube.com/user/dancefit2010/videos">https://www.youtube.com/user/dancefit2010/videos</a></p> <p>CHALLENGE - Street dance house masterclass – BBC Teach  <a href="https://www.youtube.com/watch?v=agezOTZ1RZ8">https://www.youtube.com/watch?v=agezOTZ1RZ8</a></p>
<p>Gymnastics  <a href="https://www.youtube.com/channel/UCfv-iDu1vF9zX66PRZxHzyw/video">https://www.youtube.com/channel/UCfv-iDu1vF9zX66PRZxHzyw/video</a>  <u>s</u></p> <p>Keep a watch on the link they keep adding new lessons</p>	<ul style="list-style-type: none"> <li>- Make body tense, relaxed, curled and stretched, in a range of movements.</li> <li>- Perform a sequence with changes in speed &amp; direction including 3 different actions (sometimes giving advice to others)</li> <li>- Be still on single/two + points of contact on floor/apparatus showing tension &amp; control</li> <li>- Link known shape/travel/roll/jump to a balance using floor</li> <li>- Jump/land with control using different body shapes in flight</li> </ul>	<p>PASS – Lesson 1  <a href="https://www.youtube.com/watch?v=TxeKijdqoSI">https://www.youtube.com/watch?v=TxeKijdqoSI</a></p> <p>PASS – Lesson 2  <a href="https://www.youtube.com/watch?v=TMqyZhbslCE">https://www.youtube.com/watch?v=TMqyZhbslCE</a></p> <p>PASS – Lesson 3  <a href="https://www.youtube.com/watch?v=gQqZt4jAj0w">https://www.youtube.com/watch?v=gQqZt4jAj0w</a></p> <p>PASS – Lesson 4  <a href="https://www.youtube.com/watch?v=7KONHTeqUeY">https://www.youtube.com/watch?v=7KONHTeqUeY</a></p> <p>PASS – Lesson 5  <a href="https://www.youtube.com/watch?v=OKxdy3UHg5Y">https://www.youtube.com/watch?v=OKxdy3UHg5Y</a></p> <p>There are also the gymnastic challenges on Year 1 which are also suitable to Year 2</p>

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**LKS2**

Health-related components of Physical Fitness. There are four components of physical fitness:

- (1) body composition → Aerobic activities → running, distance walking and aerobic dance, skipping, boxercise
- (2) flexibility → Pilates, yoga. tai chi
- (3) muscular strength & endurance → circuit training → Sit-ups, step-ups, tricep dips, crunches, squats, skipping, leg raises, shuttle runs, burpees, press ups
- (4) cardiorespiratory endurance → Running, walking, cycling, dancing, circuit training, and boxing

Focus	WALTs	Links
<p>Health-related Fitness</p> <p><a href="https://www.youtube.com/channel/UCfV-iDu1vF9zX66PRZxHzyw/video">https://www.youtube.com/channel/UCfV-iDu1vF9zX66PRZxHzyw/video</a></p> <p>Keep a watch on the link they keep adding new lessons</p>	<ul style="list-style-type: none"> <li>- Recognise some of the benefits of regular exercise</li> <li>- Identify ways exercise improves our well-being</li> <li>- Identify the ways that warm-ups and cool-downs effect the parts of the body.</li> <li>- Identify some of the main health benefits of stretching</li> <li>- Experience a set of cardiovascular exercises</li> <li>- Participate in low impact cardiovascular exercise routines</li> <li>- Identify specific exercises that strengthen the upper body muscles.</li> <li>- Identify specific exercises that strengthen the lower body muscles</li> <li>- Identify specific exercises that strengthen the core body muscles.</li> <li>- Perform and complete a 30 minute exercise session.</li> <li>- Begin to plan and take part in a physical activity session</li> </ul>	PASS Fitness Lesson 1 <a href="https://www.youtube.com/watch?v=EfzF3yUzqYo">https://www.youtube.com/watch?v=EfzF3yUzqYo</a>
		PASS Fitness Lesson 2 <a href="https://www.youtube.com/watch?v=82BprMMBl24">https://www.youtube.com/watch?v=82BprMMBl24</a>
		PASS Fitness Lesson 3 <a href="https://www.youtube.com/watch?v=82BprMMBl24">https://www.youtube.com/watch?v=82BprMMBl24</a>
		PASS Fitness Lesson 4 <a href="https://www.youtube.com/watch?v=38mVFdLLrCY">https://www.youtube.com/watch?v=38mVFdLLrCY</a>
		Super Strength <a href="https://www.youtube.com/watch?v=0bjCC2dJOPs">https://www.youtube.com/watch?v=0bjCC2dJOPs</a>
		Noughts and Crosses <a href="https://www.youtube.com/watch?v=EG4ju1KmG0g">https://www.youtube.com/watch?v=EG4ju1KmG0g</a>
		Thai Boxing <a href="https://www.youtube.com/watch?v=naeKd2lftWk">https://www.youtube.com/watch?v=naeKd2lftWk</a>
		Treasure Chest <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Treasure%20Chest.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Treasure%20Chest.pdf</a> <a href="https://www.youtube.com/watch?v=xFrqTzhAahw&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=34&amp;t=0s">https://www.youtube.com/watch?v=xFrqTzhAahw&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=34&amp;t=0s</a>
		Wacky Races <a href="https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Wacky%20Races.pdf">https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Wacky%20Races.pdf</a> <a href="https://www.youtube.com/watch?v=juEOiVZgW84&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=35&amp;t=0s">https://www.youtube.com/watch?v=juEOiVZgW84&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=35&amp;t=0s</a>
		Feeling Flexible <a href="https://www.youthsporttrust.org/sites/default/files/Feeling%20Flexible.pdf">https://www.youthsporttrust.org/sites/default/files/Feeling%20Flexible.pdf</a> <a href="https://www.youtube.com/watch?v=J7ymsKEgKtw&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=36&amp;t=0s">https://www.youtube.com/watch?v=J7ymsKEgKtw&amp;list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=36&amp;t=0s</a>
Healthy Hearts <a href="https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf">https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf</a> <a href="https://www.youtube.com/watch?v=Uj4ytgX77bM">https://www.youtube.com/watch?v=Uj4ytgX77bM</a>		
Obstacle Course <a href="https://www.youthsporttrust.org/sites/default/files/PE_Home_Learning_Obstacle_Course%5B1%5D.pdf">https://www.youthsporttrust.org/sites/default/files/PE_Home_Learning_Obstacle_Course%5B1%5D.pdf</a> <a href="https://www.youtube.com/watch?v=QiYpwcEM6r4">https://www.youtube.com/watch?v=QiYpwcEM6r4</a>		
<p>Dance</p> <p>(1) Aerobic activities</p> <p><b>Key opportunity for children to create their own dance routines and record them</b></p>	<ul style="list-style-type: none"> <li>(Y3) Respond to music in time &amp; rhythm to show like/unlike actions</li> <li>(Y3) Respond to music to express a variety of moods &amp; feelings</li> <li>(Y3) Perform pair/group dance involving canon &amp; unison, meet &amp; part</li> <li>(Y4) Make up dance within a small group/pairs</li> <li>(Y4) Perform clear &amp; fluent dances that show sensitivity to idea/stimuli</li> </ul>	Street dance house masterclass – BBC Teach <a href="https://www.youtube.com/watch?v=agezOTZ1RZ8">https://www.youtube.com/watch?v=agezOTZ1RZ8</a>
		"Can't Stop the Feeling" by Justin Timberlake! <a href="https://www.youtube.com/watch?v=9sxifR0Ltgk">https://www.youtube.com/watch?v=9sxifR0Ltgk</a>
		Zumba for Kids <a href="https://www.youtube.com/watch?v=ymigWt5TOV8&amp;list=PLsLdiYqFC4R5kDlsjwLNwc1RUiH06nEf3">https://www.youtube.com/watch?v=ymigWt5TOV8&amp;list=PLsLdiYqFC4R5kDlsjwLNwc1RUiH06nEf3</a>
		Kids Dance Fitness Workout <a href="https://www.youtube.com/watch?v=OoW5ToR6-bQ">https://www.youtube.com/watch?v=OoW5ToR6-bQ</a>
		Les Mills BORN TO MOVE <a href="https://www.youtube.com/watch?v=9WgkiB-GQMI">https://www.youtube.com/watch?v=9WgkiB-GQMI</a>

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## UKS2

Health-related components of Physical Fitness. There are five components of physical fitness:

**(1)** body composition, **(2)** flexibility, **(3)** muscular strength, **(4)** muscular endurance, and **(5)** cardiorespiratory endurance.

Focus	WALTs	Links
Health-related Fitness  <a href="https://www.youtube.com/channel/UCfv-iDu1vF9zX66PRzHzyw/video">https://www.youtube.com/channel/UCfv-iDu1vF9zX66PRzHzyw/video</a>  Keep a watch on the link they keep adding new lessons	<ul style="list-style-type: none"> <li>- Recognise some of the benefits of regular exercise</li> <li>- Identify ways exercise improves our well-being</li> <li>- Identify the ways that warm-ups and cool-downs effect the parts of the body.</li> <li>- Understand the difference between static and dynamic stretching.</li> <li>- Participate in both low impact and high intensity cardiovascular exercise routines</li> <li>- Perform 6 upper body resistance exercises</li> <li>- Perform 6 lower body resistance exercises</li> <li>- Perform 4 core body resistance exercises.</li> <li>- Perform and complete a 40 minute exercise session.</li> <li>- Work independently to plan, undertake and evaluate a physical activity session</li> </ul>	<p>PASS Fitness Lesson 1 <a href="https://www.youtube.com/watch?v=Aisx559_CsU">https://www.youtube.com/watch?v=Aisx559_CsU</a></p> <p>PASS Fitness Lesson 2 <a href="https://www.youtube.com/watch?v=iHTnLpfEYI">https://www.youtube.com/watch?v=iHTnLpfEYI</a></p> <p>PASS Fitness Lesson 3 <a href="https://www.youtube.com/watch?v=7l-8ukl0mfk">https://www.youtube.com/watch?v=7l-8ukl0mfk</a></p> <p>PASS Fitness Lesson 4 <a href="https://www.youtube.com/watch?v=MgE1RQisHqs">https://www.youtube.com/watch?v=MgE1RQisHqs</a></p> <p>Children to also have the opportunity to create their own 'circuit' training to complete with others in school or family at home (YST challenge cards to aid this)</p> <p>Feeling Flexible <a href="https://www.youtube.com/watch?v=J7ymsKEgKtw">https://www.youtube.com/watch?v=J7ymsKEgKtw</a></p> <p>Thai Boxing <a href="https://www.youtube.com/watch?v=SL1Su94t-WO">https://www.youtube.com/watch?v=SL1Su94t-WO</a></p> <p>Healthy Hearts <a href="https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf">https://www.youthsporttrust.org/sites/default/files/Healthy%20Hearts.pdf</a> <a href="https://www.youtube.com/watch?v=Uj4ytqX77bM">https://www.youtube.com/watch?v=Uj4ytqX77bM</a></p> <p>Super Strength <a href="https://www.youthsporttrust.org/sites/default/files/Super%20Strength.pdf">https://www.youthsporttrust.org/sites/default/files/Super%20Strength.pdf</a> <a href="https://www.youtube.com/watch?v=0bjCC2dJ0Ps&amp;list=PLnwoPqo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=30&amp;t=16s">https://www.youtube.com/watch?v=0bjCC2dJ0Ps&amp;list=PLnwoPqo24bhmqV8Y76iXnwYw9T9AlxbqJ&amp;index=30&amp;t=16s</a></p>
Dance <b>(1)</b> Aerobic activities	<ul style="list-style-type: none"> <li>(Y5) Show/fluency/control in chosen dances in response to stimuli</li> <li>(Y5) Perform fluent dances with characteristics of different styles/eras</li> <li>(Y5) Adapt &amp; refine (in pair/group), dances that vary direction, space &amp; rhythm</li> <li>(Y5) Give peer feedback to improve with suitable dance terminology</li> <li>(Y6) Create &amp; perform dances in a variety of styles consistently</li> <li>(Y6) Be aware of &amp; use musical structure, rhythm &amp; mood &amp; can dance accordingly</li> <li>(Y6) Use appropriate criteria &amp; terminology to evaluate performances</li> </ul>	<p>Body Attack <a href="https://www.youtube.com/watch?v=WSlv7BmJhK8">https://www.youtube.com/watch?v=WSlv7BmJhK8</a></p> <p>Boxercise <a href="https://www.youtube.com/watch?v=xSUXMwqZ3z0">https://www.youtube.com/watch?v=xSUXMwqZ3z0</a></p> <p><b>Key opportunity for children to create their own dance routines and record them</b></p>