



PE Ideas

Useful websites:

- www.thepeshed.com
- <https://myfreebingocards.com/bingo-card-generator/edit/a3jnhks>
- www.pinterest.co.uk lots of activity and game ideas
- <https://www.youtube.com/watch?v=wlmnajilcTA> rugby drills
- <https://www.youtube.com/watch?v=eGWWhONP7558> tennis drills
- <https://www.youtube.com/watch?v=aHAT1Wlay9I> cricket drills
- <https://www.youtube.com/watch?v=NeY0aLu1Lwg> netball drills
- <https://www.youtube.com/watch?v=nUac-XV-Slg> football drills
- <https://www.youtube.com/watch?v=2HknbpzEOhw> hockey drills

Activities anyone can have a go at:

- Fitness board game: You will need a dice, an outside space, card or paper and a pen. Write on each card a physical activity e.g. 10 star jumps, 5 squats or hold an arm stretch for 10 seconds. Roll the dice and whatever you land on you do!
- Joe Wicks PE lesson every weekday at 9am on You Tube
- Dance with Oti Mabuse on Facebook every day at 11am
- Make an obstacle course in the garden or around your living room



- Use masking tape to create a circuit

