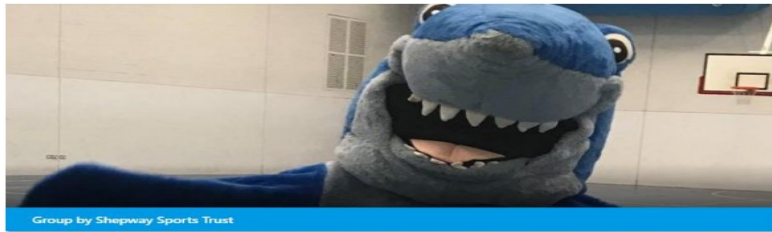


# All Souls' Home PE Resources

At All Souls' we work closely with the Shepway Sports Trust who provide a wealth of inclusive sporting activities for all of our children.

They currently have a new Facebook group—'The Shepway Shark Shakers' which is available for anyone to join. They will be uploading new content regularly to keep you moving at home. Don't forget to have help from an adult when using the internet and Social Media!

<https://www.facebook.com/groups/399150188005449>



Group by Shepway Sports Trust

The Shepway Shark Shakers

## Personal Challenges!



On the next page you will find a challenge designed specifically for your child's Year group.

Read the instructions carefully and then have a go at home!

**Email your scores into Mrs Harvey:**  
**charvey@allsouls.kent.sch.uk**

These challenges are available to all Primary Schools in Shepway—the results will be collated and everyone who takes part will receive a certificate.

If you place top 3, you will earn a medal!

**Good luck!**

Also, on the next pages of this document you will find a list of links to useful, free website resources.

Make sure to access them safely with an adult!

If you have any fun ways of keeping fit at home that you would like to share with us we would love to hear from you!



# All Souls' Home PE Resources

Below are links to resources you can use at home to keep active and support your Physical Education!

Remember, it is important to keep yourself as active as possible, it helps us to learn better as well as keeping our minds and bodies healthy!

We should all be aiming to move for 60 minutes a day, it does not have to be all in one go, you can always do short 10minute bursts at a time!

Send in any great photos of you being active, even if it is with the family pet!

Joe Wicks YouTube Channel

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

10 minutes Disney Shake Up games

[Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#)

This is PE—videos of lessons to try at home

[#ThisIsPE - Supporting Parents to Teach PE at Home - Association for Physical Education - Association For Physical Education | P.E. \(afpe.org.uk\)](#)

NHS Change for Life activities

[Activities for Kids | Kids' Activities | Change4Life \(www.nhs.uk\)](#)

BBC Supermovers - keep active whilst doing Maths and English

[Super Movers - BBC Teach](#)

Cosmic Yoga for kids

[www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)

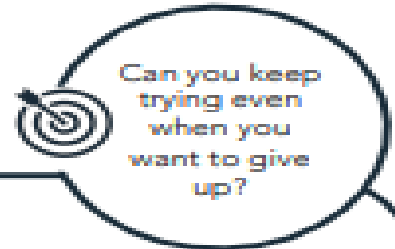


# All Souls' Home PE Resources

Have a go at this Personal Challenge then email in your results to Mrs Harvey  
charvey@allsouls.kent.sch.uk  
Good luck!



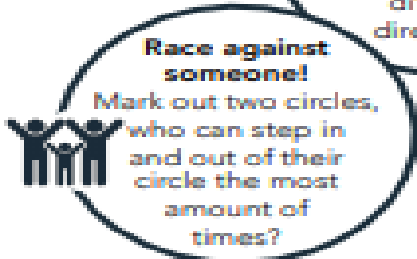
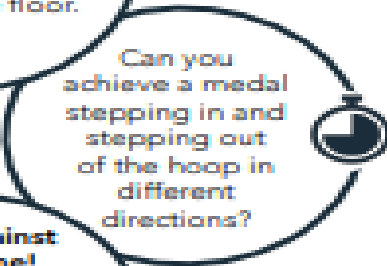
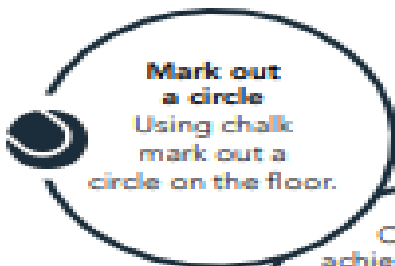
## Step In, Step Out 60 Second Challenge



How many times can you step in and step out of a circle in 60 seconds?



You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!



**Achieve Gold**  
55 step in,  
step outs

**Achieve Silver**  
45 step in,  
step outs

**Achieve Bronze**  
35 step in,  
step outs

