



## **Great Wyrley PE Tasks**

### Topic Overviews

In Year 7 and 8 in PE at Great Wyrley, you will be taking part in a wide range of different sports with the aim of learning the basic rules and skills needed to play successfully. The sports you will most likely take part in are:

- Football, Hockey or Rugby
- Basketball (boys) or Netball (girls)
- Dance or Gymnastics
- Athletics
- Cricket (boys) or Rounders (girls)

### Introductory Tasks

Task Number	Task Description	Completed?
1	For the sports listed above, watch a YouTube clip of a competitive game. <ul style="list-style-type: none"><li>• List 5 main rules and 5 skills needed to play.</li></ul>	
2	Take part in <b>one</b> of the 20 minute fitness workouts using the links below: <ul style="list-style-type: none"><li>• <a href="https://www.youtube.com/watch?v=UItWltVZZmE">https://www.youtube.com/watch?v=UItWltVZZmE</a></li><li>• <a href="https://www.youtube.com/watch?v=oAPCPjnU1wA">https://www.youtube.com/watch?v=oAPCPjnU1wA</a></li><li>• <a href="https://www.youtube.com/watch?v=cZnsLVArlt8">https://www.youtube.com/watch?v=cZnsLVArlt8</a></li><li>• <a href="https://www.youtube.com/watch?v=bm4WZyH5p2I">https://www.youtube.com/watch?v=bm4WZyH5p2I</a></li></ul>	
3	Complete the Activity Bingo card (separate sheet) <ul style="list-style-type: none"><li>• What level did you get? Bronze, Silver or Gold?</li></ul>	



Physical Activity  
**Bing**

Physical Activity for  
the Whole Family  
#StayHomeStayActive



YOUTH  
SPORT  
TRUST



Believing in  
every child's  
future

<b>Jump</b> up and down in a space 40 times	<b>Play</b> musical statues	<b>Ride</b> a bike, scooter	<b>Balance</b> on a part of your body for 60 seconds	<b>Jump or Move</b> over a pillow 40 times	<b>Play</b> hide and seek
<b>Hop, jump or stand</b> on the spot for 60 seconds	<b>Balance</b> in a plank position	<b>Pass</b> a ball around your waist or head 25 times	<b>Balance</b> an object on your head	<b>Keep</b> a balloon in the air for 60 seconds	<b>Perform</b> 50 star jumps
<b>Complete</b> 20 shuttles (running, walking or moving)	<b>Skip or Move</b> for 2 minutes	<b>Roll</b> a ball across a table 10 times	<b>Perform</b> 40 of the same type of jumps	<b>Create</b> and complete an obstacle course	<b>Throw or roll</b> an object into a target 10 times in a row
<b>Dribble</b> a ball in and out of objects	<b>Perform</b> 40 squat jumps / sit forwards	<b>Throw or roll</b> a ball against a wall or with a sibling	<b>Move</b> and complete 10 laps of your house or garden	<b>Perform</b> 40 jumps	<b>Play</b> a new game with a sibling, parent or carer
<b>Perform</b> 30 push ups	<b>Perform</b> dance movements	<b>Perform</b> a short fitness workout	<b>Perform</b> 30 sit ups or lean forwards	<b>Perform</b> a gymnastics routine	<b>Invent</b> and play a new game

### How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are **honest**.

#### Achieve Gold

Complete all the activities on the card



#### Achieve Silver

Complete a horizontal or vertical line of activities



#### Achieve Bronze

Complete one activity from each line

