

Get moving

Use any of the links to help you stay active in your own home!

Joe Wicks has a number of fitness videos to follow:

<https://www.youtube.com/user/thebodycoach1>

Zumba - <https://youtu.be/bm4WZyH5p2I>

Latin dance -
<https://youtu.be/bm4WZyH5p2I>

Aerobics - <https://youtu.be/y4PG1fEeb1k>

If you have a scooter and helmet why not perfect some basic tricks <https://www.youtube.com/watch?v=1sffoJ4-IOU>

Basic volleyball – a balloon or soft ball. Can be played inside or out and see how many touches you can have without it touching the floor.

Sports Pictionary – draw clues about the actual sport or players of the sport and someone has to guess what you are drawing.

Attempt some family yoga – follow the link for some free sessions

<https://hotpodyoga.com/studios/lincoln/prices/?session=23946134>

Be careful!

Family fun

Sport and Health

You can also stay active at home with no equipment by:

Creating your own body weight circuit

Doing basic plyometric exercises

Alternatively if you do have equipment:

You can throw and catch a tennis ball

You can play with a football

You can shoot some hoops playing basketball

You can use a skipping rope to skip non-stop for five minutes



Access any of the just dance video's through YouTube for you and your family to have fun attempting.

Remember our academy top 5:

<https://www.youtube.com/watch?v=a1zQ1xOjZnk>

https://www.youtube.com/watch?v=gCzgc_RelBA

https://www.youtube.com/watch?v=5H3rxk_oitA

<https://www.youtube.com/watch?v=cpBrAS168Jo>

<https://www.youtube.com/watch?v=834iwluP124>

Attempt to make a healthy and nutritious meal with your family together!

Take a selfie with your family and the end product and send to Miss Hanson.

Alisha.Hanson@oasisimtingham.org

There will be a prize on the return to school for the best meal presentation and selfie.

Quiz against each other using one of the free quizzes from the link below:

<https://www.paulsquiz.com/free-quiz-questions/sports-quizzes>

Create your own sport or health quiz from the knowledge you have from school – don't forget to write a separate answer sheet for when you are quiz master!

KS3 – Rules of different sports

Sports Science – Components of fitness, types of training and fitness tests

Health and Social – Different health and social practitioners and their roles

Email any quizzes to Miss Hanson and she will attempt them: Alisha.Hanson@oasisimtingham.org

Challenge yourself and complete a range of fitness tests safely in your home. If you visit: <https://www.brianmac.co.uk/eval.htm> And scroll to the bottom there is an endless list of fitness tests you can attempt, although you will not be able to complete all of them. Why not challenge someone else and make a chart of your results over the next few weeks.

Recreate the clip of the family on the stairs

https://www.youtube.com/watch?v=mYmT_nj4GO0

Video your attempt and email to Mr Gallafent.

Neil.Gallafent@oasisimtingham.org

The student and family with the best video as judged by Mr Gallafent will get a prize on the return to school.

Use your mind

Test your knowledge and try the question of sport quiz

<https://www.bbc.co.uk/sport/50762593>



Think about the 2019/2020 Premier League Seasons to date.

Write down your team of the year. You need to pick 11 players. You can have a maximum of 3 players from one team.

You can decide on your formation.

Once you have your Premier league team of the year email it to Mr Baker!

Dan.Baker@oasisimtingham.org



Have a go at the toilet roll keepy up challenge. Please make sure you ask your parents before taking a toilet roll.

<https://www.youtube.com/watch?v=LRcQzT1jIVQ>

Video your attempt and email to Mr Robinson.

Joe.Robinson@oasisimtingham.org

The student with the most keepy up's will get a prize on the return to school.

Challenge us....

If you have any ideas of new challenges that you would like to have a go at email Miss Hanson and watch this space...



Challenge yourself