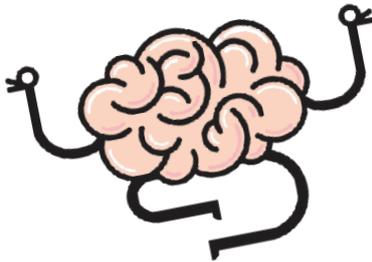


PHYSICAL EDUCATION

# Healthy



# Me



**Health** is a complete state of **physical, mental & social** wellbeing.

During your lockdown lessons, you will explore how we can help improve our physical health, mental health & social health.

Lesson 1—Physical Me

Lesson 2—Mental Me

Lesson 3—Physical Me

Lesson 4—Mental Me

In each lesson, there will be a variety of options to choose from, depending on what equipment/ space you have available to you. You only have to complete one option (but you can complete more if you'd like to!)

# Social Me



**You can develop Social Me within every lesson, but also during your time in lockdown outside of lessons.**

**Social skills** are the skills we use to communicate and interact with each other, both verbally and non-verbally. These interactions can be through gestures, body language, personal appearance, as well as speaking and listening.

**In PE and Games** you develop social skills such as team work, leadership, speaking, listening, and collaboration.

## How can I develop Social Me?

- \* Video call a friend & complete your Physical Me task together, communicating the time & feedback to each other at the end on how you felt it went
- \* Put your phone away at the dinner table & have a conversation with your family
- \* CALL a friend or a family member and have a talking conversation, rather than one via message or social media
- \* Want to do extra PE outside of lessons? **Collaborate** with a friend and create your own workout. If you do this, let your PE teacher know about it!

# Lesson 1: Physical Me



## EMOM WORKOUT

EMOM = every minute on the minute

Start the clock & complete your set number of repetitions of your first exercise  
e.g. squats = 15 repetitions

If you complete the repetitions in 30 seconds, you earn 30 seconds rest

You then start the second exercise on the next minute

**Minute 1 = Squats**

**Minute 2 = Sit Ups**

**Minute 3 = Press Ups**

**Minute 4 = Lunges**

**Minute 5 = High Knees**

**Minute 6 = Shoulder Taps**

**Minute 7 = Step Ups (Use chair, stair or step!)**

**Minute 8 = Burpees**

### Option 1

Complete 10-15 repetitions of the exercise within the minute.

Have a 2 minute full rest after 1 round.

Complete a second round.

### Option 2

Complete 20-25 repetitions of the exercise within the minute.

Have a 2 minute full rest after 1 round.

Complete a second round.

### Option 3

Trial your repetitions first. Time 30s and complete each exercise, counting how many repetitions you complete. Make a note of each exercise.

Your target per exercise is the number of repetitions you completed in 30s + 3-5 extra repetitions.

Have a 2 minute full rest after 1 round, complete a second round.

# Lesson 2: Mental Me



## Option 1

<https://www.youtube.com/watch?v=W19PdsIW7iw>

Copy and paste the above link into your computer or phone browser, or search “Boho Beautiful Meditation—15 Minute Guided Meditation To Find Peace In Uncertain Times” on YouTube

Find a quiet and comfortable place to complete your meditation session.

Once finished think about (& maybe “social me” discuss with a friend from your class):

- \* Why might mindful meditation be good for our mental health?
- \* How could you fit mindful meditation into your weekly routine?

## Option 2

<https://www.youtube.com/watch?v=PIWmKZZ33SA>

Copy and paste the above link into your computer or phone browser, or search “Meditation Music, Positive Energy Vibration, Good Vibes, Healing Music” on YouTube

Find a quiet and comfortable place to complete your meditation session.

Once finished think about (& maybe “social me” discuss with a friend from your class):

- \* Why might mindful meditation be good for our mental health?
- \* How could you fit mindful meditation into your weekly routine?

## Option 3

Find a quiet room that you can make quite dark.

Find a comfortable place where you are able to lie completely flat.

Set a 15 minute timer (with an alarm at 15 minutes).

Lie with your back on the floor, arms by your side with palms facing the ceiling & close your eyes.

Try & control your breathing, and remain as relaxed as possible.

When your alarm sounds, slowly bring yourself up to a seated position.

Once finished think about (& maybe “social me” discuss with a friend from your class):

- \* Why might mindful meditation be good for our mental health?
- \* How could you fit mindful meditation into your weekly routine?

# Lesson 3: Physical Me



## Option 1—Rugby Ball

**Drill 1** – pitter patter x 50 – light soft touches of the ball continuously moving the ball.

(increase difficulty by moving ball from above head to waist height and back up)



**Drill 2** – around back – x 50 moving Ball around back clockwise and then anticlockwise

**Drill 3** – Figure of 8 around legs (bend knees chest over ball)



**Drill 4-** x 25 Around the legs and step back (alternate legs). Move ball around legs as in Image and then step back and move ball through legs. So rhythm is; both, left back, both, right back. Remember to swap sides of the direction of ball.



Image A

Image B

**Drill 5** – Front to back x 30 – Move ball from front and catch ball behind

5



## Option 1—Rugby Ball

### Drill 6 – Pistol drill x 30 each hand

Start with ball above belly button pointing up. Use right or left hand only to spin ball. Aim is to spiral the ball. Progression – pistols against a flat wall!

6



Drill 7 – 2 hands spin pass vertically. Fingers and thumbs to spin ball. Perform both hands x 30. Extra challenge is to perform a down/up before you catch the ball.

7



8



Drill 8 – Switch hands to catch the ball. Start with right hand behind and left hand in front.

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

**Extra Challenges:** Watch the link above & this one for more drill ideas!

[https://www.youtube.com/watch?v=pZB-6kl\\_440](https://www.youtube.com/watch?v=pZB-6kl_440)

## Social Me



Can you:

- (1) Video call a friend/work with a family member, select one of the drills & set a repetition race/time cap competition
- (2) Collaborate with a friend/family member to create your own rugby ball skill drill
- (3) Record yourself completing one or more of these drills and email them to your PE teacher or tweet us @PEatCardiffHigh

# Lesson 3:

# Physical Me



## Option 2—Football

### Drill 1

Here are 5 activities to help develop your **dribbling** skills at home. If you don't have cones, use household items like bottles or rolled up socks:

<https://www.youtube.com/watch?v=3a0eRXTqfOo>

#### Think about:

- Keeping the ball close to you
- Using all parts of your foot to maintain control
- Try and look around as you dribble rather than just focusing on the ball



### Drill 2

<https://www.youtube.com/watch?v=EW4N16-0obw>

This tutorial talks about the importance of developing your **weaker foot** and provides exercises that will develop your weak foot passing, dribbling and shooting.

#### Think about:

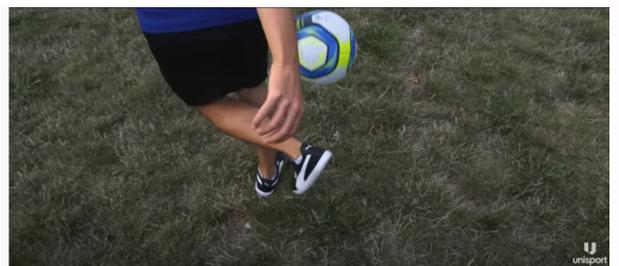
- *The technique of each activity*
- *Using ball familiarisation exercises to develop your confidence*
- *Be prepared for mistakes to happen, stay patient and you'll see improvements!*



### Drill 3

<https://www.youtube.com/watch?v=j1mwsDQ2UQo>

**For those who fancy a real challenge!** Attempt to complete this skill ... a **toe bounce, heel flick, 360 degree turn!** Watch the tutorial that breaks the skill down into parts.



# Social Me



Can you:

- (1) Video call a friend/work with a family member, select one of the drills & set a repetition race/time cap competition
- (2) Collaborate with a friend/family member to create your own football skill drill
- (3) Record yourself completing one or more of these drills and email them to your PE teacher or tweet us @PEatCardiffHigh

# Lesson 3: Physical Me



## Option 3—Basketball

<https://www.breakthroughbasketball.com/drills/beginner-bh-workout.html>



### Drill 1—Leg Balance—Overhead Reach

Lift your leg off the ground and balance on your foot. Whilst balancing, move the ball up above your head and then back down to your waist. (using the link above for video demonstrations)

**Focus on:** Looking straight ahead, not letting your foot touch the ground, extend the arms full up and down

### Drill 2—Pound Dribble Knee High

While this is a simple drill meant to improve your ball handling, it can also be used by advanced players as a great warm up exercise (using the link above for video demonstrations)

Bend your knees and dribble the ball. The ball should come up to your knee only each dribble.

**Challenge:** Time 30 seconds—how many dribbles can you get in?



### Drill 3—Half Circle Dribble Stretch

Get in an athletic stance. Dribble the ball a few inches off the ground. Twist your body to the right and dribble as far to the right as you can, while your feet stay in the same position. Move the ball back the other direction and twist as far as you can to the left. Repeat. Use the link above from video demonstrations)

**Focus on:** Keeping the ball a few inches off the ground, dribbling with your finger pads, keeping your eyes up

### Option 3—Basketball

<https://www.breakthroughbasketball.com/drills/beginner-bh-workout.html>

#### Drill 4—Crossovers

Bend your knees and dribble the basketball back and forth from left hand to right hand. Keep the ball in front of your body and very low to the ground so the pace of the dribble is fast.

**Focus on:** Keeping eyes up (look forward) while dribbling, ball should touch finger pads on each dribble



#### Drill 5—Cone Touch Dribbling



No cones? No problem! Be creative and use socks or t-shirts to mark out the cones. Watch the video demonstration for help with how to set up and perform this drill.

Spread 7-10 cones in a 10-15 yard grid. Touch as many cones as you can in allotted time. After touching a cone, you can't come back to that

cone until you touch at least two others. You must touch all the cones at least once before finishing.

**Focus on:** Keeping your eyes up, try and go as fast as you can, keeping your dribble alive (don't pick up the ball with two hands)

#### Drill 6—Wall or Partner Passing

Practice catching and receiving a chest pass. Stand 10-15 feet away from your partner. If you don't have a partner, stand 10-15 feet from a wall. Pass the ball against the wall. Pick a spot on the wall and try to hit the same spot on each pass.

**Challenge:** How many can you do in 30 seconds?



## Social Me



Can you:

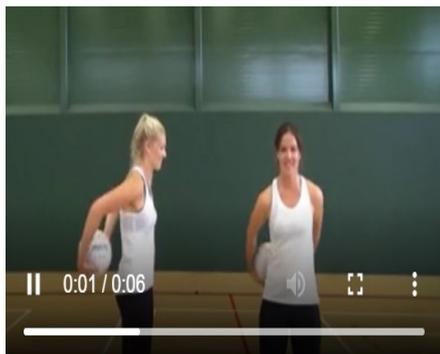
- (1) Video call a friend/work with a family member, select one of the drills & set a repetition race/time cap competition
- (2) Collaborate with a friend/family member to create your own basketball skill drill
- (3) Record yourself completing one or more of these drills and email them to your PE teacher or tweet us @PEatCardiffHigh

# Lesson 3: Physical Me



## Option 4—Netball

### Drill 1



<https://www.sportplan.net/drills/Netball/Ball-skills/Body-Circles-n300015.jsp?onMobile>

Move the ball around your waist, try keeping your feet still and moving your hips.

**CHALLENGE:** move the ball around your ankles, knees, waist, chest, shoulders and head then back down as many times as you can without dropping the ball. Try both directions!

### Drill 2

[https://www.youtube.com/watch?v=q\\_7ZMo1sDM8](https://www.youtube.com/watch?v=q_7ZMo1sDM8)

Bounce the ball with your right hand only on the right hand side of your body. As you get more confident try to vary the angle at which it bounce (first drill in video)

**CHALLENGE:** Can you do this on both hands? Can you also do this across the front of your body?



### Drill 3

[https://www.youtube.com/watch?v=q\\_7ZMo1sDM8](https://www.youtube.com/watch?v=q_7ZMo1sDM8)



Lunge forward onto your right leg and pass the ball underneath your bent knee before standing up again

**CHALLENGE:** Can you do this on both legs? Can you also lunge backwards?

## Option 4—Netball

### Drill 4

<https://www.youtube.com/watch?v=9V1Gu-CCbNk>

Watch this video of Sasha Corbin. You will need a wall and some space to complete these drills. These are quite tricky so do them slowly to start with and as you get more confident you can build up the speed!



### Extra Challenges

There are lots of brilliant netball skills videos on YouTube. The more you practice, the better you will become!

<https://www.youtube.com/watch?v=K0UkiqamByg>

[https://www.youtube.com/watch?v=q\\_7ZMo1sDM8](https://www.youtube.com/watch?v=q_7ZMo1sDM8)

<https://www.youtube.com/watch?v=Ye9zRaBCJIY>

## Social Me



Can you:

- (1) Video call a friend/work with a family member, select one of the drills & set a repetition race/time cap competition
- (2) Collaborate with a friend/family member to create your own netball skill drill
- (3) Record yourself completing one or more of these drills and email them to your PE teacher or tweet us @PEatCardiffHigh

# Lesson 3: Physical Me



## Option 5—Tennis Ball

### Drill 1—Target Practice

Target practice – Use a bucket or small bowl as a target, stand a 3/4 meters away, attempt to land the ball in the target.

**Challenge** – if you can consistently make the target increase the distance you are standing away from the bucket/bowl, how many times are you successful in 1 minute?



### Drill 2—Reaction Time



<https://www.youtube.com/watch?v=ObG50oevSzc>

Ask a partner to help, your partner should stand facing you, 1m away with their arm stretched out in front, holding the tennis ball. They will drop the ball and you have catch it before it bounces.

**Challenge** – Stand a further 2/3m away and ask your partner to randomly drop the ball either to the left, right or directly in front, you need to side step or step forward to catch the ball and pass it back. How many can you do in 1 minute without dropping?

### Drill 3—Throwing & Catching

Stand 2m away from a wall, throw the ball against the wall at a level above your head and catch it.

#### **Challenges:**

- Throw the ball higher, can you still catch it? What might you need to adjust?
- Take a step back, can you still catch it? What might you need to adjust? *Keep taking steps, at what distance do you find it difficult to keep catching the ball?*

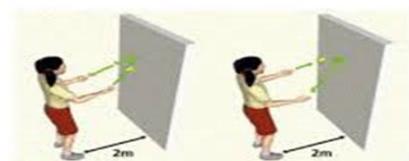
### Drill 4—Alternate Hand Wall Throw Test

Stand 2m away from the wall with the ball in your left hand, throw it against the wall and catch with your right hand, then throw with your right and catch with your left, repeat.

**Challenge**—how many can you do in 30s? 1 minute?

<https://www.youtube.com/watch?v=Hg34pJp2Dx4>

Alternate Hand Wall Throw



# Social Me



Can you:

- (1) Video call a friend/work with a family member, select one of the drills & set a repetition race/time cap competition
- (2) Collaborate with a friend/family member to create your own tennis ball skill drill
- (3) Record yourself completing one or more of these drills and email them to your PE teacher or tweet us @PEatCardiffHigh

# Lesson 3: Physical Me



## Option 6— Body Weight (No Equipment)



### Drill 1—Step Ups

Find a step in the house (outdoor/indoor) ideally not too high!

Step up and down on the step, right foot first (so step up right foot, step up left foot, step down right foot, step down left foot) Once you've got a rhythm, speed it up! Try it with your left foot leading.

**Challenge:** Time 30 seconds, how many can you complete?

### Drill 2—Speed Bounce

Using a rolled up towel, place it on the floor with enough space each side for you to be jumping.

Start the timer and jump two-footed, side-to-side for 30 seconds. Count how many times your feet touch the ground.

**Challenge:** Can you beat your score? Can you beat a friend?



### Drill 3—Plank Variations

This drill is designed to test your **muscular endurance**.

Start in the high plank position with your hands and toes on the floor. Hold each of the following positions for 30 seconds, try and transition to the next position without putting your knees on floor.

1



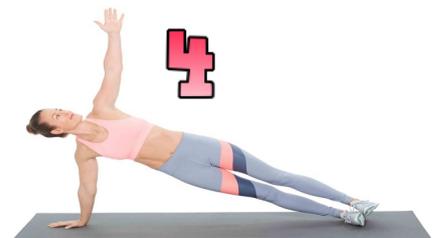
2



3



4



- 1—High plank position
- 2—Side plank position (left)
- 3—Reverse plank position
- 4—Side plank position (right)

**Challenge:** How long can you hold each position for individually?

## Option 6—Body Weight (No Equipment)

### Drill 4—Standing Stork Test

Find a flat surface, remove your shoes and socks. Have a stopwatch ready to time.

Place your hands on your hips and place the inside of one foot on the knee of the other (like image)

Raise the heels so you're standing on your toes—start the stopwatch!

The timer must stop if:

- \* Your hands move from your hips
- \* You are turning on your foot
- \* Your foot comes off your knee
- \* Your heel touches the floor



### Drill 5—Skater Jumps



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

Watch the video above for variations skater jumps (don't worry about the ones where you need equipment!)

#### **Challenges:**

How many of the variations can you complete comfortably, with good technique?

How many of each variation can you do in 30 seconds?

How far can you skater jump whilst keeping your balance when you land?

## Social Me



Can you:

- (1) Video call a friend/work with a family member, select one of the drills & set a repetition race/time cap competition
- (2) Collaborate with a friend/family member to create your own body-weight skill drill
- (3) Record yourself completing one or more of these drills and email them to your PE teacher or tweet us @PEatCardiffHigh

# Lesson 4:

# Mental Me



## **Option 1—Beginner (Not very flexible, find it hard to stay balanced)**

[https://www.youtube.com/watch?v=3\\_Q-yYfjeBM&t=23s](https://www.youtube.com/watch?v=3_Q-yYfjeBM&t=23s)

Copy and paste the above link into your computer or phone browser, or search “Easy Yoga For Beginners | Full Body Gentle Flow” on YouTube

Complete your yoga-flow session

Once finished think about (& maybe “social me” discuss with a friend from your class):

- \* Why is yoga good for developing physically?
- \* How and why might yoga benefit your mental health?

## **Option 2— Intermediate (Good flexibility, good balance)**

<https://www.youtube.com/watch?v=SrE1B5GzUpM>

Copy and paste the above link into your computer or phone browser, or search “30 Min Intermediate Yoga Class | Expand Your Yoga Practice At Home” on YouTube

Complete your yoga-flow session

Once finished think about (& maybe “social me” discuss with a friend from your class):

- \* Why is yoga good for developing physically?
- \* How and why might yoga benefit your mental health?

## **Option 3— No access to YouTube (no problem!)**

You will need a way to time yourself (watch/phone)

Using the sheet below, work your way through each of the poses.

Hold each pose for 1 minute, breathing deeply and gently throughout the hold.

As you breathe out, see if you can press deeper into the hold for a better stretch.

Once you’ve completed each pose for 1 minute, take a 1 minute rest.

Repeat the pose circuit, this time trying to hold each pose for 90 seconds—2 minutes.

Once finished think about (& maybe “social me” discuss with a friend from your class):

- \* Why is yoga good for developing physically?
- \* How and why might yoga benefit your mental health?

**OPTION 3: Choice A**



**OPTION 3: Choice B**