

# WELCOME TO QEGS PE

FOLLOW US ON INSTAGRAM AT @QEGS\_PE AND  
@QEGS\_PRIMARYSPORT



Can you be #QEGSAMAZING

# FITNESS DIARY

- **AT QEGS WE LOVE TO MAKE SURE SPORT IS FUN FOR EVERYONE BUT IT ALSO TEACHES US SOME OTHER VALUABLE LESSONS. ITS HELPS IMPROVE OUR SOCIAL INTERACTION WITH OUR PEERS BUT ALSO HELPS US TO STAY FIT AND HEALTHY. YOUR CHALLENGE IS TO COMPLETE A FITNESS DIARY FOR ONE WEEK – EITHER CHOOSE YOUR OWN ACTIVITIES EACH DAY OR SELECT SOME FROM THE IDEAS BELOW. DON'T FORGET TO SEND US YOUR PHOTO'S TO OUR INSTAGRAM PAGES.**
- **THERE IS A FITNESS DIARY TEMPLATE OR YOU CAN CREATE YOUR OWN. WHEN THEY ARE COMPLETE PLEASE SEND THEM TO [EWART@QUEENELIZABETHS.DERBYSHIRE.SCH.UK](mailto:EWART@QUEENELIZABETHS.DERBYSHIRE.SCH.UK)**
- **GOOD LUCK FROM ALL THE QEGS PE TEAM**

# THE PENGUIN SHUFFLE

- **EQUIPMENT NEEDED – BEAN BAGS AND HULA HOOPS.**
- **BEST DONE AS A RELAY RACE. SPLIT INTO EQUAL TEAMS AND EACH PERSON IS GIVEN A BEAN BAG OR SMALL BALL. THE BEAN BAG IS PLACED BETWEEN YOUR KNEES AND YOU SHUFFLE UP TO A HULA HOOP. THEY MUST DROP THEIR BEAN BAG INTO THE HOOP AND RETURN TO YOUR TEAM, ALLOWING THE NEXT PERSON TO GO. THE FIRST TEAM WITH ALL THEIR BEAN BAGS IN THE HOOP WINS! – IF YOU DON'T HAVE A TEAM TO PLAY THIS WITH TIME YOURSELF**

# FOOT BAG

- **EQUIPMENT NEEDED – A SMALL BEANBAG**
- **HAVE PLAYERS STAND IN A CIRCLE AND PLAY CATCH WITH THE BEANBAG – BUT THEY CAN ONLY USE THEIR FEET!**
- **CAN ALSO BE PLAYED IN SMALLER GROUPS OR PAIRS. IF YOU DON'T HAVE A TEAM TO PLAY THIS WITH KEEP A RECORD OF YOUR SCORES AND TRY AND BEAT THEM**

# PASS THE HOOP

- **EQUIPMENT NEEDED – HULA HOOPS.**
- **PLAYERS STAND IN A CIRCLE HOLDING HANDS.**
- **A HOOP IS PLACED BETWEEN TWO PEOPLE**
- **THE HOOP MUST PASS ROUND THE RING WITHOUT BREAKING CONTACT.**
  
- **ADD TO THE FUN BY ADDING MORE HOOPS!**

# CATCH DON'T CATCH

- **EQUIPMENT NEEDED – BALL OR SMALL BEANBAG**
- **PLAYERS STAND IN A CIRCLE WITH THEIR ARMS CROSSED. ONE PLAYER IN THE CENTRE THROWS THE BALL TO SOMEONE IN THE CIRCLE, SAYING EITHER 'CATCH' OR 'DON'T CATCH'. IF THEY SAY 'CATCH', THE PLAYER SHOULD NOT CATCH THE BALL AND MUST NOT MOVE THEIR ARMS. IF THEY SAY 'DON'T CATCH', THE PLAYER SHOULD CATCH THE BALL! IF A PLAYER DOES THE WRONG THING OR MISSES THE BALL, THEY'RE OUT! LISTEN VERY CAREFULLY!**

# **FITNESS BINGO**

- **CREATE YOUR OWN FITNESS BINGO SHEETS**
- **EXAMPLES OF ACTIVITY ARE: TUCK JUMP, STAR JUMP, HEAL WALKS, CRAB WALKS, PUSH UPS, WALL SPRINTS, TOE TOUCHES, FORWARDS ROLL.**
- **ASK SOMEONE TO READ THE DIFFERENT ACTIVITIES, IF YOU HAVE THE ACTIVITY YOU MUST DO IT BEFORE CHECKING IT OFF YOUR BOARD.**
- **THE FIRST PERSON TO TICK OFF ALL THEIR ACTIVITIES WINS!**

# YOGA LETTERS

- **CAN YOU CREATE LETTERS WITH YOUR BODY TO SPELL OUT YOUR NAME?**
- **TAKE A PHOTO'S IF YOU CAN TO ADD TO YOUR FITNESS DIARY**



# INTERVAL TRAINING

- **WHILST OUT ON YOUR DAILY WALK OR IN YOUR GARDEN INTERVAL TRAINING**
- **START BY WALKING FOR 2 MINUTES THEN RUN FOR 1, THEN WALK FOR 2 MINUTES AND RUN FOR 2 MINUTES, AND INCREASE YOUR RUN TIME BY 1 MINUTE EACH TIME UNTIL YOU GET TO 8 MINUTES RUNNING TIME THEN DO A 5 MINUTE WALK TO COOL DOWN.**