

# Home PE Activities

23

Superhero Warm Up  
[Spiderman Warm Up](#)  
[Coach W](#)

Underhand Throw Practice

- **Step**
- **Swing**
- **Throw**

Try 20 throws to a target, partner, or basket (no ball no problem, try a sock)



Fitness Challenge:  
Count to 20:

- Plank
- Sit Ups
- Jumping lunges
- Squats

24

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Box Run

- See how many rounds you can do in 10 minutes

(Round 1: Run in a square then do 1 squat, 1 jumping jack, 1 lunge, Round 2: run 2 laps and do 2 of each exercise)

[Box Run Challenge](#)  
[Coach W](#)

Self Toss

Try and self toss a ball or sock up and catch it  
-2 hands  
-1 hand



25

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Keep it up

-See how long you can keep a ball, balloon, sock up in the air

-2 hands  
-1 hand

**Remember: hand open wide palm up or you can use a racket**



Dance Party

Play some music and dance around for the entire song or check out some of these links:

[Koo Koo Kanga Roo - Dinosaur Stomp](#)  
[\(Dance-A-Long\)](#) (Dino Stomp)

[Let's Dance - Shake It Off](#) (Shake it Off)

26

Superhero Warm Up  
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Overhand Throw Practice

- **Step**
- **L-Bend**
- **Throw**

Try 30 throws to a target on the wall, or partner



[Bottle Flip Fitness](#)

Using a closed bottle at home practice flipping it

27

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[Yoga Poses](#)

Can you try and hold the following yoga poses for the count of 20?

Your choice pick a sport or activity to play with your family for 30 minutes

- Walk/run
- Basketball
- Soccer
- Going to the park
- Yoga
- Dance
- Baseball
- Hockey

