

PE lessons for all

Cosmic yoga

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

Scavenger Hunt task:

- Pupils should aim to find an object in their house for every letter of the alphabet.
- Pupils should write an answer for every letter of the alphabet.

Tea bag shootout task:

- Pupils will require a cup or mug and three teabags
- Pupils should place the mug at different distances from themselves.
- Aim to throw each teabag into the mug and then increase the distance
- Record each distance and number of teabags successfully in the mug.

Basketball dynamic stretching

<https://www.youtube.com/watch?v=ut9uYMbziwk>

Teabag shootout task:

- Pupils will require a cup or mug and three teabags.
- Pupils should place the mug at different distances from themselves.
- Aim to throw each teabag into the mug and then increase the distance.
- Record each distance and number of teabags successfully in the mug.

Basketball word search attached below:

Basketball word search:

Name: _____ Date: _____

Basketball Word Search

L W V O Z V W W M Q F E N E O P B M G R Z G R D
M P U K E E N P B E M Z U I L O D Y S M N T Z U
A H I X D Q X V S X Q Q K Z Z O L U O F O P C U
E W O F O H F Y T P X J B J J H V D F U J S U C
T B O G V A W D R O R E B O U N D C U N O X P A
N H J F S Q A H O I O B H E K I B I X Q R X C D
T D B L W A F E P N Q G F X K J A S A S D X T T
A F L H E L E U S T W J X W R D I U E Q A Z G J
L B H C L Q K M R G A Z O K N E G Z C Z N N R T
Q K T S X M I E U A Z B O W T R Y N Q B U H F Q
D E M V K X N C I U Z W Y A D G V Q E R P G T I
E M U V F B C Y Q R W Q N A I Y F Q Q N B A X W
K I E R N K J R N D V B J E Z R U K D V I P R V
O T E T R R M R K O Y X Y H C N Y B S O D U T X
L R B Y M U X E S N E F E D W P B G W D G V D S
K E A J P P J F M L W I R X U Z K N W M A A C Z
N V S S M I M L X X A C O H R T N X H R H R E J
E O K S J L P N L E E V I R D M T A V C D T L C
G A E S G U S O P L Y H R L H S Y N T W M O O U
F S T A B O P J Q B O K Z O H H F R U V U O D O
B S B P L F A X G B F S U F S Z L R K E L H L U
H I A R P R H X T I U S Q T X F V Z S E E S V L
H S L P U B Y X E R D X Q K R Q T E P D J B V M
V T L V B H O Y K D D L B E T H R O W D K H Y Y

basketball

pointgaurd

overtime

defense

dribble

rebound

assist

Jordan

sports

drive

shoot

throw

foul

hoop

Nike

pass

team

NBA

