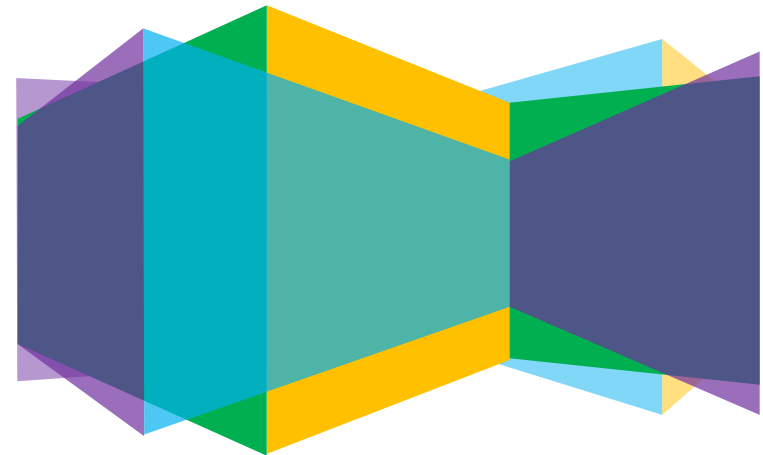




Parents, Pupils & PE @ Home

Carrick Academy

PE Department





A message from the staff.....

The PE staff at Carrick Academy holds our pupils in high esteem and recognise the effort and positive attitude demonstrated within our subject. We believe that the time spent between the years of S1-S3 is vitally important for our pupils' development before entering senior phase. In line with the Scottish Government we adhere to **the Significant Aspects of Learning** throughout our daily practice. This booklet is an aid for our pupils to develop themselves at home and reap the benefits not only in PE but other subjects throughout their school life.

*“IF YOU ARE
PERSISTANT YOU
WILL GET IT,

IF YOU ARE
CONSISTANT YOU
WILL KEEP IT”*

Core Stability & Strength

CORE STABILITY- In between each advert of your favourite TV programme get into the plank position and hold until the show starts again.



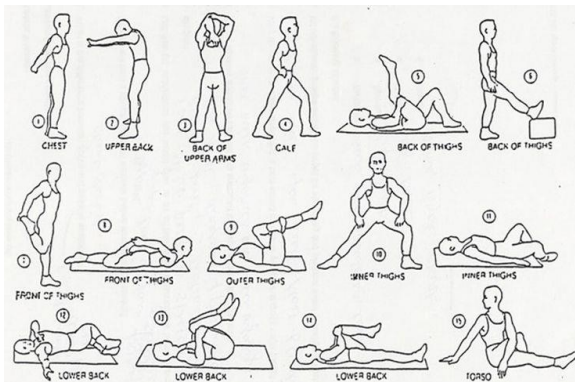
STRENGTH - Help carry as many bags as possible from the shop as possible. Making sure the eggs are safe!!!!

OR

STRENGTH- How many bags can you take to the bin? **Make sure they go in the correct colour of bin!!!!**

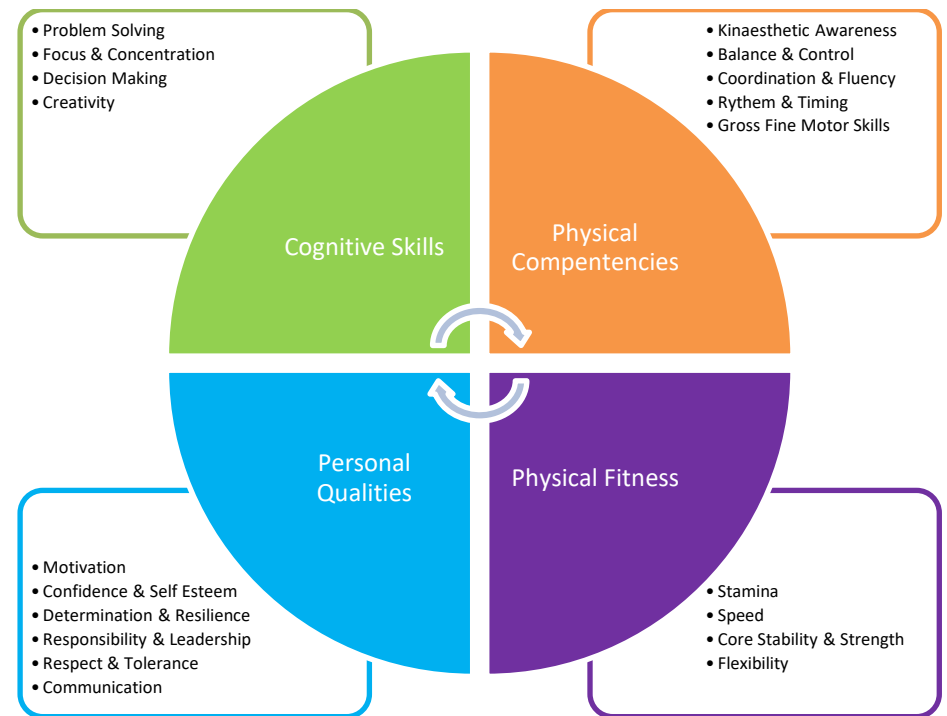
Flexibility

KEEP LOOSE- In between adverts perform a range of stretches to keep the body supple.



Hold each stretch for 8 seconds and repeat 3 times.

SIGNIFIGANT ASPECTS OF LEARNING

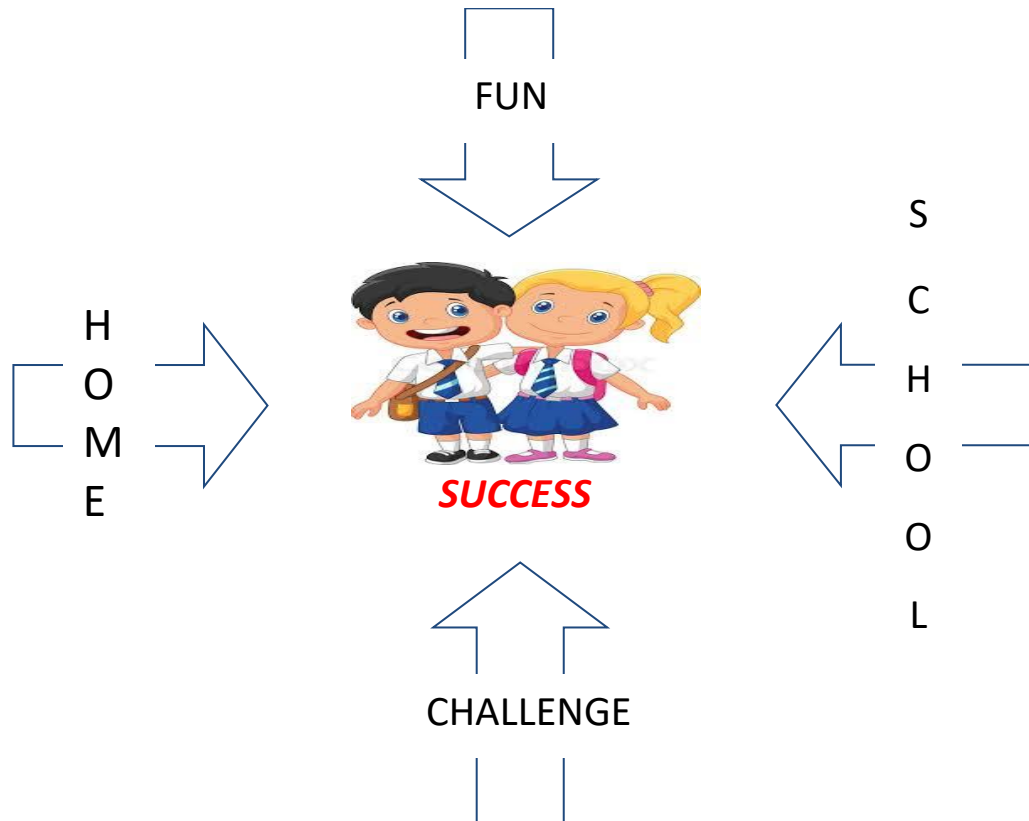


Education Scotland

“Quality physical education is designed to inspire and challenge children and young people to experience the joy of movement. It should also develop positive attitudes to active living to enhance their quality of life. It will provide an important foundation for participation in subsequent experiences in physical activities and sport and in preparation for leading a healthy and fulfilling lifestyle.”

Learning at Home

The PE department at Carrick Academy value the importance of learning at home so this resource has been constructed to provide simple and fun challenges that young people can attempt outside of school.



Stamina

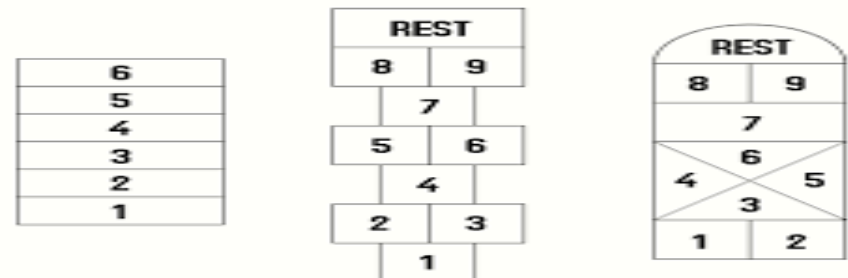
STAMINA SONGS- Carry out timed exercises throughout a song of your choice. Either by yourself or have a parent, sibling or a friend there to time each exercise. **How it works?**

- 1 song roughly 3-4mins
- Every 20 seconds change the exercise
- No rest between each exercise
- Increase time of exercise/ song length/ difficulty of exercises

Press Ups	Sit Ups	Star Jumps	Lunges
Hill Climbs	Burpees	Crunches	etc.....

Speed

SPEED SCOTCH- Like Hop-Scotch but using both feet. Set a numbered pattern on the floor/ ground. Get from the start of the pattern to the end as fast as possible. Compete against parents, siblings or friends.



Problem Solving

MIND BLOCK - Mind block is a problem solving game that requires a good memory and the powers of observation in order to succeed. Using Lego blocks the players must replicate a pre-built Lego design after only a short viewing period, this sounds simple but you will be surprised at the results.



Challenge each other to see who can replicate the shape within an allocated time to see who wins!

Be creative and use other everyday objects within the household to replicate and challenge each other!!!

Focus & Concentration

PHONE OBSERVATION- Using your mobile phone, record a short piece of film. Challenge a friend or family member to spot certain objects or happenings within the short film after it has been replayed back to them once. E.g.

- What colour of t-shirt was so and so wearing?
- What TV show or piece of music was playing at the time?
- What was the exact time the clock was showing?
- What did so and so say?
- Etc.....



Respect & Tolerance

EARLY BIRD (RESPECT)- Try to be respectful to others by arriving 5-10 mins early before any appointments. E.g. Getting ready for school, getting ready for bed, sitting at the table ready for dinner etc.....

RESPECT



TV TIME (TOLLERANCE)- Try to sit through as many TV programmes of others choosing as possible.

Give it a go you might just like some!!!

Communication

TELL ME- Challenge yourself to speak about a particular topic for a set time without long pauses or particular words such as like or ehhhhhhh. This will help improve your ability to speak in front of others and will develop into a valuable tool for the future.

MALLOTS MALLOT- In 3's. 2 players face each other in competition. The other is the adjudicator holding a soft cushioned object such as a cushion. The 2 players facing each other must take turns to name topics such as films, songs, sporting teams or a short conversation. Any hesitation or repeated word results in the adjudicator hitting them over the head with the cushion. **NOT TOO HARD!!!! WE ARE TRYING TO RETAIN INFORMATION NOT KNOCK IT OUT!!!!**

Determination & Resilience

STARE OFF- With a friend, sibling or parent sit in a comfortable position to have a stare off without blinking. Loser blinks first!

PYRAMID- Using a deck of cards attempt to build a pyramid. Start with 5 cards and add more if successful.



- Don't get frustrated
- Keep calm
- Focus
- Try again

Responsibility & Leadership

RESPONSIBILITY-

- Surprise your parents and take time to tidy your room without someone nagging you to do so.
- Take responsibility to surprise your parents by cleaning up the table after meal times.

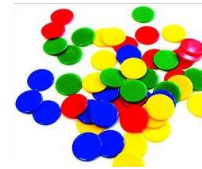
LEADERSHIP-

- Create a short itinerary/ timetable for a week or a month. Who does the dishes, cooking, healthy eating, helps with homework's, shopping etc....

Decision Making

COUNTERS-

1. Use a pile of counters or other interesting objects. (This could be played outside with pebbles, sticks or shells).
2. Players take it in turn to remove either one or two counters/objects from the pile.
3. To win you need to take the last counter or counters.



Creativity

DRAGONS DEN- Your challenge is to pitch an idea to your parents of a new piece of equipment that the PE department could use to help with pupil learning. A short presentation with pictures, benefits of why it could be used and possibly a prototype.

Positive feedback could result with a second pitch to the PE Dragons and if successful will be implemented in the PE Department.



4 Dragons!



Mr Wright

Mr Flynn

Miss Phillips

Miss Crossland

Kinaesthetic Awareness

Definition- knowing where your arms and legs, hand and feet, head, and so on, are and in what position without having to look at them.

Challenge a partner to stand on one foot with your eyes closed. Using your phone video each other's performance to see who had the least amount of movement and who lasted the longest.



Challenge

- Try different balances
- Try the exercise in between each advert of your favourite TV programme.

Balance & Control

ON ONE FOOT- Stand on one foot and bend other knee, lifting non-supporting foot off floor without letting it touch standing leg. (Do this in a doorway so you can grab the sides if you start to fall.) Repeat with eyes closed.

AVERAGE TIME TO BEAT- 29 secs open eyes – 21 secs eyes closed

V SIT- Attempt to hold the V-Sit position in between every advert of the TV shows you are watching. Hold as long as possible!

Challenge a partner!!



Motivation

Healthy House- A challenge could be for you to motivate a person or your whole family to eat and drink healthily for a set period of time. Provide them with facts and figures and solutions to live a healthier lifestyle. Record your results before and after for comparison.

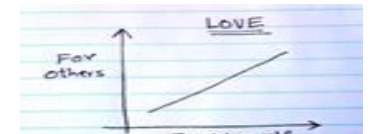


Confidence & Self Esteem

BE CONFIDENT & TRY IT!- Have the confidence to try something new. Whether it be something you have never tasted before or an activity that you think may not be appealing.

Set yourself a target of one thing new per week!

LOVE YOURSELF- Create a poster or a display about yourself. Ask your friends/ family to tell you something that they like about you if you cannot think of any by yourself.



Coordination & Fluency

ALTERNATE HAND THROW- Mark a short distance away from a flat wall to stand behind. (E.g. 1 or 2m) Using a soft ball such as a tennis ball, throw the ball against the wall from one hand to another.



Challenges

- Mark a target on wall for accuracy
- Increase/ decrease distance for difficulty
- Set a time to complete as many successful catches a possible
- Challenge a friend

Rhythm & Timing

PLAYING CATCH- Whether with friends or family attempt to throw a soft object to each other in beat with a song playing in the back ground. There could be a forfeit for the person who has the object at the end of the song. E.g. 10 press ups/ sit ups etc....

Change the tempo of the song to increase the difficulty.



Gross Fine Motor Skills

Gross Motor Skills- *Big movement's using large muscles such as arms, legs, torso and feet.*

BALLOON KEEPEY UPPY

- Try to keep a balloon off the ground using various parts of the body. You cannot use the same part twice in a row.
- Try to go from a standing position to one knee, 2 knees, on your bum, on you back roll over and back up in the same sequence without letting the balloon touch the ground.

Fine Motor Skills- *Small movement's using small muscles in the fingers, toes, wrists, lips, and tongue.*

GUESS WHAT?

- Attempt to draw or act out (Charades) bits and pieces to describe a book, film, piece of music etc.....

PUZZLES

- Use a page out of an old magazine; rip up into small number of pieces. Time yourself or challenge a partner to assemble the pieces back into its original form.