



# **Highworth Combined School**

Physical Education:  
Information and Resource Pack



Dear Parents,

At Highworth, we are proud of the large array of opportunities for physical activity we provide via PE lessons, after school clubs and sporting events/ fixtures. As you are aware, the school closure directly impacts these opportunities and without your help will affect your child's health and physical literacy development (Fundamental Movement Skills, Confidence, Motivation and Knowledge).

This information pack along with our Sport Zone on the school website provides lots of information, resources, games, exercise routines and other ideas to keep your children active and engaged during this unprecedented time. For access to our Sport Zone to work with this information please go to:

[https://www.highworth.bucks.sch.uk/web/sports\\_zone/462506](https://www.highworth.bucks.sch.uk/web/sports_zone/462506).

Stay safe, keep active

Highworth PE Team



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## Introduction:

### Why is Physical Education so important?



Staying physically active is essential for a healthy lifestyle.

Physical Education (PE) develops students' competence and confidence to take part

in a range of physical activities that become a vital part of their lives, both in and out of school. Discovering what they like, what skills they have, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity. PE helps students develop personally and socially. They work as individuals, in groups and in teams, developing concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including leadership, coaching and officiating. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.



# Physical Activity

Taking part in regular physical activity and following healthy eating habits has a long list of short term and long term health related benefits ensuring you live a healthy lifestyle.

## **Risk of Inactivity**

An inactive lifestyle, however, places an increased risk of gaining hypokinetic associated health conditions.

‘Hypo’ = Lack of      -      ‘Kinetic’ = Movement

Hypokinetic = Lack of Movement

Hypokinetic associated health conditions include but are not limited to:

- Obesity
- High blood pressure
- High cholesterol
- Osteoporosis
- Osteoarthritis
- Lower back pain
- Type 2 diabetes

Inactive lifestyles can also increase the risk of cancer, coronary heart disease and stroke.



## **Benefits of Activity**

Fortunately, participating in regular activity not only significantly reduces the risk of such health conditions, but also provides many more health benefits physically and psychologically.

Physical and psychological health benefits of a balanced active lifestyle include but are not limited to:

- Healthy bodyweight / body composition
- Strengthened immune system
- Improved core stability and posture
- Decreased risk of injury
- Reduced risk of hypokinetic associated health conditions
- Increased energy levels
- Improved body functions
- Improved confidence
- Improved self-esteem
- Reduced anxiety
- Improved strength, flexibility and balance
- Improved cardiovascular fitness
- Improved speed, power, agility and co-ordination

**Plus much, much more!**

Taking into consideration the risk of being inactive in comparison to the benefits of being active, we are certain that it can be agreed how essential exercise and any physical activity is to children and adults alike.



## Types of physical activity

Physical activity or exercise can come in many forms. It should be fun, sometimes challenging and always in a safe environment with the correct technique. Before planning to participate in an activity you need to consider any medical conditions or injuries that may be made worse if you were to take part. Therefore, activity selection is extremely important and very much individual. Below we provide a list of examples for you to consider:

- Walking
- Running
- Cycling
- Skipping
- Hopscotch
- Catch
- Dancing
- Hula Hooping
- Musical Chairs
- Sport
- Fitness Circuit



Why not get creative and make your own list? Use the list below or a piece of scrap paper to list your top 10 physical activities and draw your top 3. Then of course, go get active!



# My Top 10 Physical Activity List:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

Draw No.1:

Draw No.2:

Draw No. 3:



# Warm up

Warm ups are an extremely important part of any form of exercise. Firstly, they prepare the body for activity by raising body temperature, increasing blood flow to the muscles, and mobilise joints reducing the risk of injury. Secondly, they prepare you mentally for the task ahead. Both factors complement each other to boost performance in any activity you have selected.

There are two stages to a basic warm up:

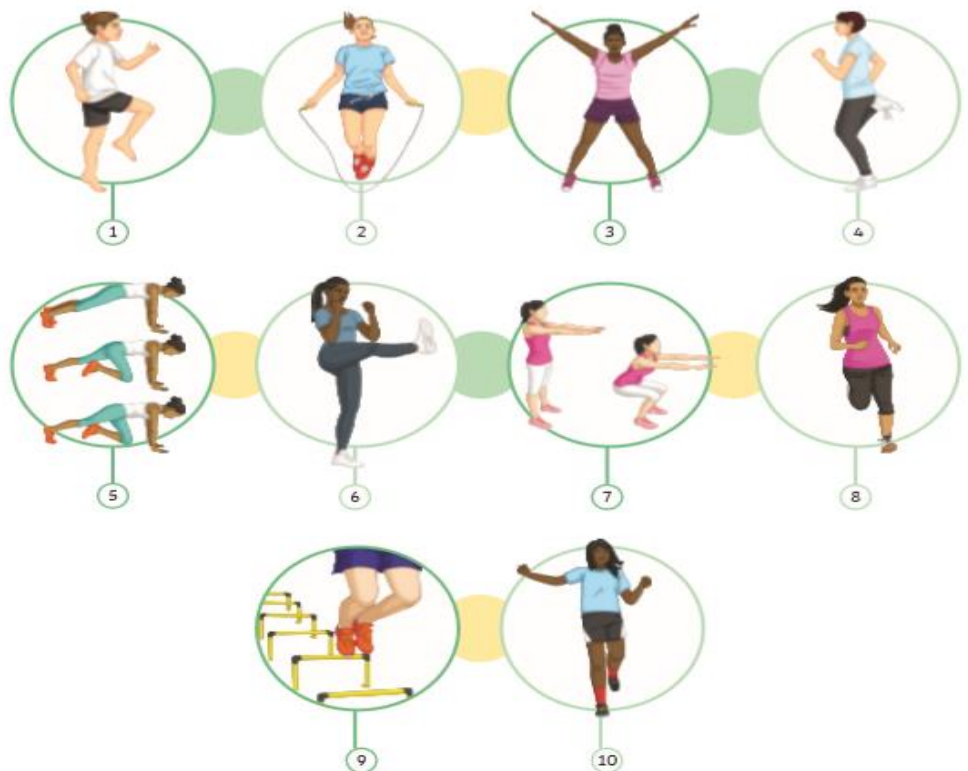
## 1. Pulse Raiser

The aim of this stage is to raise your heart rate which will increase your body temperature and blood flow to muscles.

See some pulse raiser examples for you to try below:

### Pulse-Raising Exercises

1.	marching
2.	skipping
3.	star jumps
4.	bottom kicks
5.	mountain climbers
6.	high knee kicks
7.	squats
8.	jogging
9.	two-foot jumping
10.	hopping

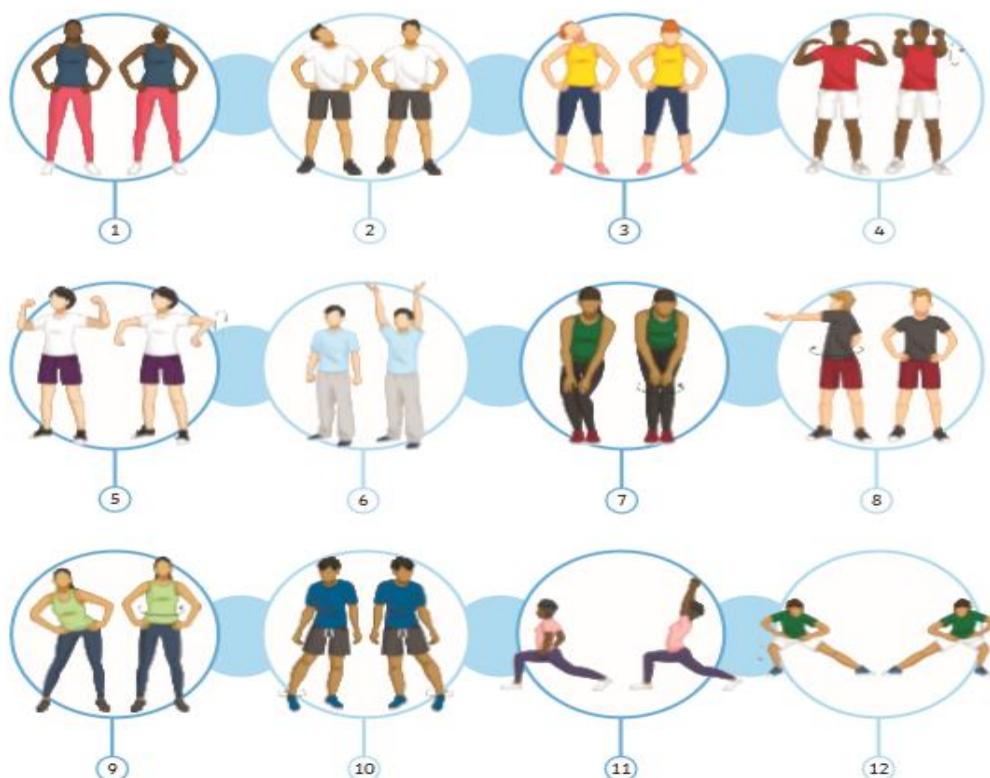


## 2. Dynamic Stretches

The aim of this stage is to further activate muscles (lots of activation would have occurred during pulse raising exercises) and mobilise joints by doing movement-based stretches. See some dynamic and mobilising stretches for you to try below:

### Mobilising Joints

1.	neck
2.	neck
3.	neck
4.	elbows
5.	elbows
6.	shoulders
7.	knees
8.	waist
9.	hips
10.	ankles
11.	lunge
12.	side lunge



A warm up should last from 5-10 minutes and can be as creative and as fun as you like. For ideas of warm up games check out the Sport Zone at:  
[https://www.highworth.bucks.sch.uk/web/sports\\_zone/462506](https://www.highworth.bucks.sch.uk/web/sports_zone/462506).

# Cool Down

A cool down is the final part of a physical activity session. The aim of the cool down is to gradually reduce your heart rate and then relax muscles through a series of light exercises and static stretching. Cool downs are a great opportunity to improve flexibility which will help reduce muscle soreness and stiffness after a hard exercise session. Improved flexibility will help with correcting posture and significantly decrease the risk of injury. Cool downs should include:

## 1. Cooling activity

Cool downs are appropriately named as the aim is to first decrease body temperature and heart rate to aid in the removal of waste products such as lactic acid. This can be as simple as jogging and then gradually turning it into a walk. Why not make a game of it though? See some cool down game ideas below:

### Slow-Motion Copycat Dance

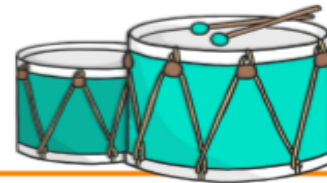
Children work in pairs to think of a dance move and perform that move in slow-motion to their partner who must copy it and follow along. Encourage children to use a variety of body parts/movements in their slow-motion dances.



PE Cool Downs - Activities

### To the Beat of the Drum

Use a percussion instrument and tap out a beat, starting fast and gradually getting slower and slower. Children move around the space to the beat of the drum. You may wish to call out different body parts or movements for children to focus on as they move, e.g. arms, skip.



PE Cool Downs - Activities

### Horses and Jockeys

Pair up the children and have them stand in a whole class circle next to their partner. Children decide who is to be the horse and who is to be the jockey. The horses stand still in the circle and the jockeys travel clockwise around the circle in a manner prescribed (run, walk, hands and feet, hands and knees etc.) When the teacher calls 'Start the race' the jockeys must continue travelling clockwise back to their horse. The last jockey to get back to their horse is out, along with their horse. Then swap horse and jockeys for the remaining players and repeat. The game can continue until only one winning pair remain.



### Land the Plane

Line children up in pairs, imagining they are on an aeroplane. Act in role as the captain to guide them through the journey – taking off (walking stretching arms up), cruising (jogging along), turbulence (little jumps up and down), descent (slowing down to fast walk), landing (sitting down on the floor), bumping along the runway (stretch bodies left, right, forwards, backwards), then stop. Children can be asked to exit the plane one row at a time and line up.





## 2. Static Stretching

The aim of static stretching is relax muscles and improve flexibility by completing stretches while standing, kneeling or lying still in place (static). See some static stretches below to get you started:

### Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and the right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use the arms to balance.
- You will feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Hold the stretch for 10 seconds.
- Repeat by turning and facing to the left.



### Hamstring Stretch

- Sit on the ground with both legs straight out in front of you.
- Bend the left leg and place the sole of the left foot alongside the knee of the right leg.
- Allow the left leg to lie relaxed on the ground.
- Bend forward keeping the back straight.
- You will feel the stretch in the hamstring of the right leg.
- Hold the stretch for 10 seconds.
- Repeat with the other leg.



### Quadriceps Stretch

- Stand with your feet shoulder width apart and bring your left foot up towards your bum.
- Take hold of the left ankle with the left hand and ease the foot closer to your bum.
- Your right arm should be extended out to the side for balance.
- Hold the stretch for 10 seconds.
- Repeat with the right leg.
- You will feel the stretch along the front of the thigh.



### Shoulder Stretch

- Reach the right arm straight out in front of you.
- Bend the left arm and put the left wrist on the back of the right arm, just above the elbow.
- Your left palm will be facing to the side.
- Use the left arm to gently press the right arm towards your body, whilst keeping it straight and you feel the stretch in your shoulder.
- Hold it for 10 seconds and then repeat with the other arm.



### Overhead Tricep Stretch

- This stretch works the muscles on the back of the upper arms (the triceps).
- Raise the right arm up overhead, with your palm facing in towards your head.
  - Bend the elbow so your fingers touch, or reach toward the middle of your upper back.
  - Grab the right elbow with the left hand and gently pull it back until you feel the stretch in the right tricep.
  - Hold it for 10 seconds and then repeat with the other arm.



### Upper Back Stretch

- Stand tall, with your feet slightly wider than shoulder-width apart.
- Interlock your fingers, stretch your arms out in front of you with your palms facing outwards.
- Push your hands as far away from your chest as possible.
- Allow your upper back to relax.
- You should feel the stretch between your shoulder blades.
- Hold it for 10 seconds.



# Fitness Circuits

One extremely effective form of exercise that maximises the health benefits of activity, is a well planned fitness circuit. This includes a variety of fitness variables, physical exercises and can even include sporting skills to make it even more fun!

When planning or completing a fitness circuit it is important to think specifically what you want to improve in order to get the most benefit. Below you can see the components of fitness that we aim to improve in a circuit:

## Health related components (HRC)



## Skill related components (SRC)



## Creating a fitness circuit

With a total of 11 components of fitness, fitting them all into a single circuit would be challenging. Overloading the body in far too many areas would limit the body's ability to improve.

Consider trying to read 11 books all at once, all in different subjects and then retaining all that information to improve your knowledge, it would not be realistic. The body works in the



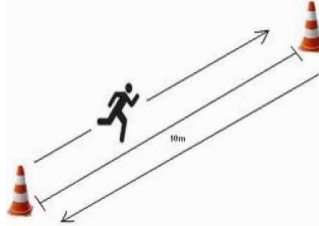
same way, it cannot handle too much information at one time. We therefore need to group components when planning one circuit.

Luckily, they have already been grouped for us as health related components (HRC) and skill related components (SRC). We recommend you plan at least one circuit for each group, below is an example of what each circuit could look like:

Please give both of these circuits a try at home and if you enjoy them you could repeat them next time! Before you begin please look at the warm up section on page 12 and then the cool down section on page 14. Both are extremely important and must be completed.

## HRC Circuit

### Shuttle Runs



### Reverse Plank



### Sit Ups



- 1. Complete each exercise for 45 seconds**
- 2. Rest 15-30 seconds between exercises**
- 3. Complete circuit 1-3 times depending on fitness level**

### Squats



### Kneeling Press Ups



### Plank





## SRC Circuit

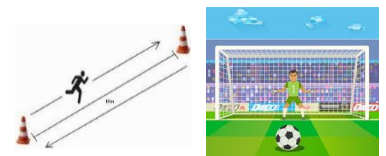
### Single Leg Jumps



### Don't Drop The Frisbee / Ball Catch Game

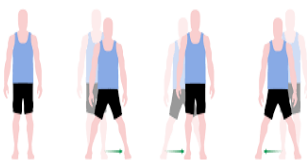


### Penalty Shoot Out Shuttles



- 1. Complete each exercise for 1 Minute**
- 2. Rest 30 seconds between exercises**
- 3. Complete circuit 2-3 times depending on fitness level**

### Side Step Race



### Slalom Run



### Partner Jump Squat Chest Pass



# Create Your Own Circuit

Enjoy the circuits above? Maybe you have done them a few times and think it's time for a change. Why not tailor a circuit to your own needs and interests? To start you off follow the guideline below for a HRC circuit and a SRC circuit, don't forget to do both!

**REMINDER:** You should have already read the warm up and cool down section on pages 12 – 15. Both must be included in your in your circuit plan so if you have not read these sections please do so now.

## Create your own HRC circuit:

Select six different exercises having three from each of the below components. Add them to the provided template or follow the template on some scrap paper.



### 1. Cardiovascular Endurance

Cardiovascular endurance will involve whole body movements that will place a higher demand on your heart and lungs to work hard.

Please select any three exercises from the list:



- Running
- Star jumps
- Skipping
- Quick side-steps
- Burpees
- Stair climbing
- Mountain climbers
- High knees
- Skater jumps
- Long jump with a jog back
- Bunny hops
- Bear crawl

If you are unsure of how to perform any exercises please just type the exercise name into google. Also feel free to add to the list, research online and get creative. To give you some ideas have a look at our Sport Zone:

[https://www.highworth.bucks.sch.uk/web/sports\\_zone/462506](https://www.highworth.bucks.sch.uk/web/sports_zone/462506).

## **2. Muscular Strength / Endurance**

To gain a balance of muscular strength / endurance across the entire body we have split exercises into three categories upper body exercises, lower body exercises and core exercises. Please select one exercise from each category

and add them to the provided template or follow the template on some scrap paper.

### **Upper body exercises**

- Press ups / kneeling press ups
- Wall press up
- Hand plank shoulder taps
- Water bottle shoulder press
- Stair / chair tricep dips
- Water bottle bent over row
- Water bottle lateral raise
- Water bottle bicep curl



### **Lower body exercises**

- Squat
- Forward lunge
- Reverse lunge
- Side lunge
- Glute bridge raise
- Skater jumps
- Single leg chair sit down – stand up
- Rucksack deadlift



## Core exercises

- Plank
- Side plank
- Dish
- Arch (superman)
- Leg raises
- Prone Aquaman
- Sit ups
- Reverse plank



If you are unsure of how to perform any exercises from each category, please just type the exercise name into google. Also feel free to add to the list, research online and get creative.

Check out our Sport Zone for some more ideas at:

[https://www.highworth.bucks.sch.uk/web/sports\\_zone/462506](https://www.highworth.bucks.sch.uk/web/sports_zone/462506).

YouTube and Google are great resources for exercise demonstrations and ideas so make use of them!

Follow the template below by printing out or simply copying down on some scrap paper.



## HRC Circuit

**Cardiovascular  
Endurance 1:**

.....

**Muscular  
Strength /  
Endurance 3:**

.....

**Muscular  
Strength /  
Endurance 1:**

.....

***1. Complete each exercise  
for 45 seconds***

***2. Rest 15-30 seconds  
between exercises***

***3. Complete circuit 1-3  
times depending on  
fitness level***

**Cardiovascular  
Endurance 3:**

.....

**Cardiovascular  
Endurance 2:**

.....

**Muscular  
Strength /  
Endurance 2:**

.....

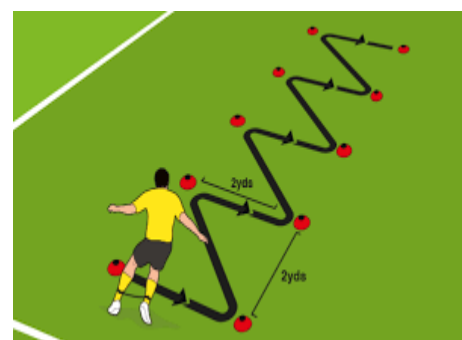
## Create your own SRC circuit:

Select six exercises having two from each of the following categories. Add them to the provided template or follow the template on some scrap paper.

### 1. Power, Speed and Agility

Please select **two** activities from the list:

- Slalom run
- Sidestep race
- Penalty shoot-out shuttle run
- Relay race
- Long jump with a jog back
- Vertical jump (high jump on the spot)
- Single leg jump
- Jump squat
- Shuttle basketball shootout
- 



### 2. Co-ordination

Please select **two** activities from the list:

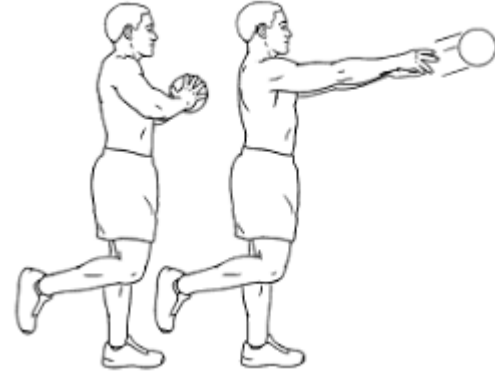
- Football keep ups
- Single hand tennis ball catch
- Racket and ball keep ups
- Partner jump chest pass
- Tennis ball throw and catch against wall challenge
- Bear crawl
- Triple jump (hop, step, jump)
- Shot put push (with tennis ball or small weighted ball)



### 3. Balance and Reaction time

Please select **two** activities from the list:

- Single leg jump (only one-foot touches floor)
- Partner clap race (Partner claps to start and times your sprint)
- Tight rope walk (on a long strip of tape on the floor)
- Single leg hold / balance
- Single leg hold / balance with eyes closed
- Partner race (take turns starting the race saying 'go')



If you are unsure of how to perform any activities from each category, please just type the activity name into google. Also feel free to add to the list, research online and get creative. For some extra ideas please check out our Sport Zone at:

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YouTube and Google are great resources for exercise demonstrations and ideas so make use of them!



## SRC Circuit

**Power, Speed  
and Agility 1:**

.....

**Balance and  
Reaction Time 2:**

.....

**Co-ordination 1:**

.....

- 1. Complete each exercise  
for 1 Minute***
- 2. Rest 30 seconds between  
exercises***
- 3. Complete circuit 2-3 times  
depending on fitness level***

**Co-ordination 2:**

.....

**Balance and  
Reaction Time 1:**

.....

**Power, Speed  
and Agility 2:**

.....





## **Special considerations**

You may have noticed that body composition and flexibility were not included in creating the HRC circuit. To simply explain body composition is a component directly impacted by your participation in physical activity, so by planning and taking part in a fitness circuit you are already positively affecting your body composition. Flexibility however is a component that should be focused on during your cool down as part of your static stretching and will be focused in the warm-up / cool-down section.

## **Primal Movement Patterns**

Finally, to move your circuit planning on to the next level you need to consider the seven primal movement patterns. These are the movements we conduct day to day in everything we do from walking your dog to sitting in a chair. Familiarise yourself with these seven essential movements:

- Squat
- Lunge
- Bend to extend (e.g. deadlift)
- Pull
- Push
- Twist (Rotate)
- Gait (movement of limbs e.g. walking, running)

## Planes of movement

Also worth consideration is the way in which we move. Our bodies do not just move forward so why should we only exercise that way? Try to include the different planes when selecting exercises. The three planes of movement are:

- Sagittal (forward/backward movement)
- Frontal (lateral/ sideways movement)
- Transverse (rotational/ twisting movement)

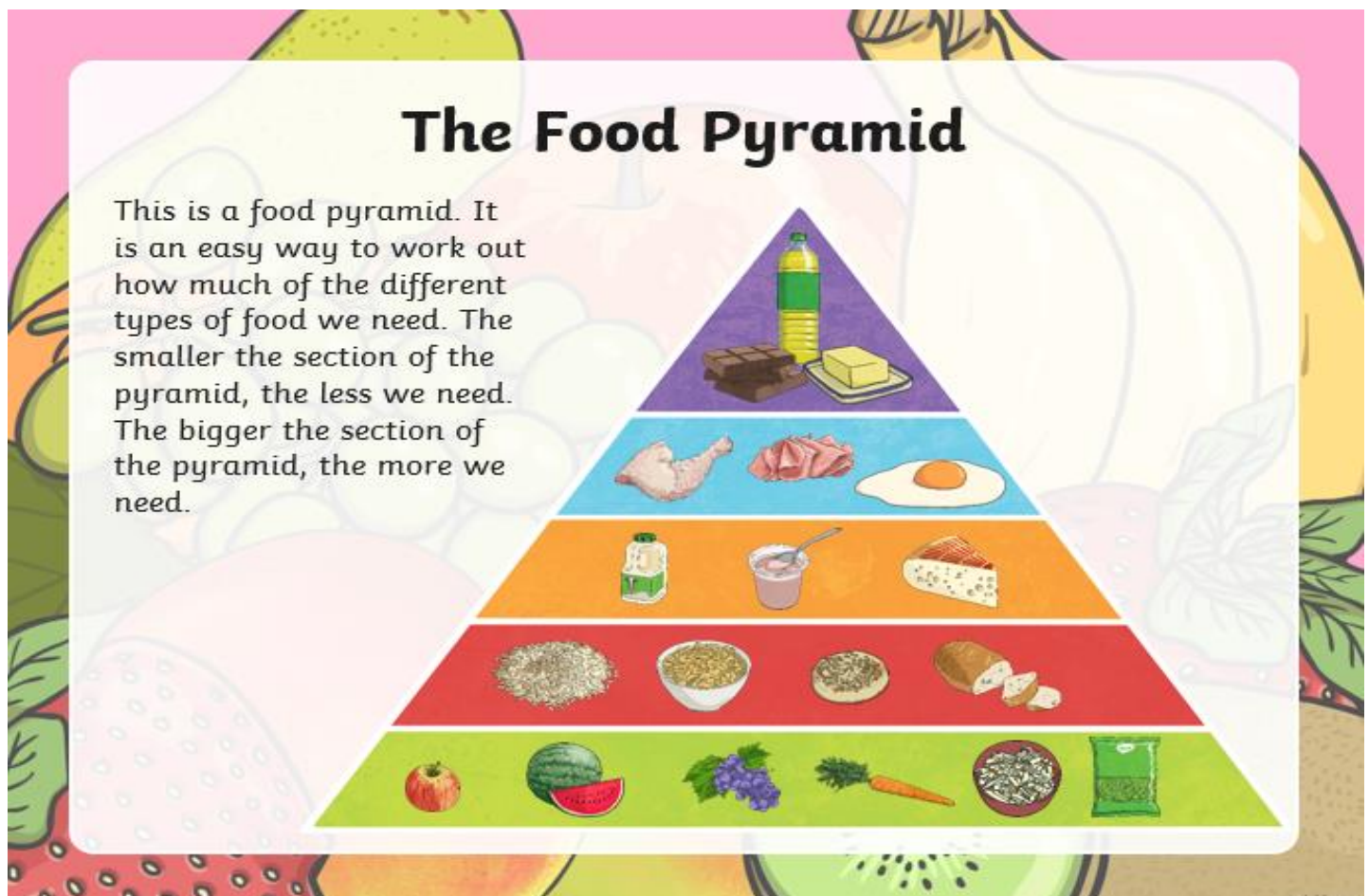
Training in all these movements and planes not only improves physical performance in everything we do, but also dramatically reduces the risk of injury.

## Seven Basic Movement Patterns



# Nutrition

Living a healthy lifestyle does not just mean staying physically active. It is equally as important to eat a healthy diet. The word 'diet' simply means what we eat and drink. To eat a healthy diet we need to think carefully about what food and drink we consume as well as the amount we are consuming. This can become difficult as we need to eat more of certain foods than others. Therefore, understanding the different types of food and how much we need of each is very important.



# Fats, Spreads and Oils

What kind of food do you think belongs in this group?

Fats, spreads and oils include foods like olive oil, vegetable oil, butter and margarine. Mayonnaise and some salad dressings are also included in the section because they have lots of oil in them.

We should only have a small amount of fats, spreads and oils because too much is bad for our hearts. That is why it is top of the pyramid!



Top Tip



Choose unsaturated oils and use in small amounts.

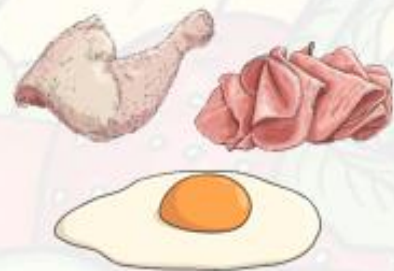


# Protein

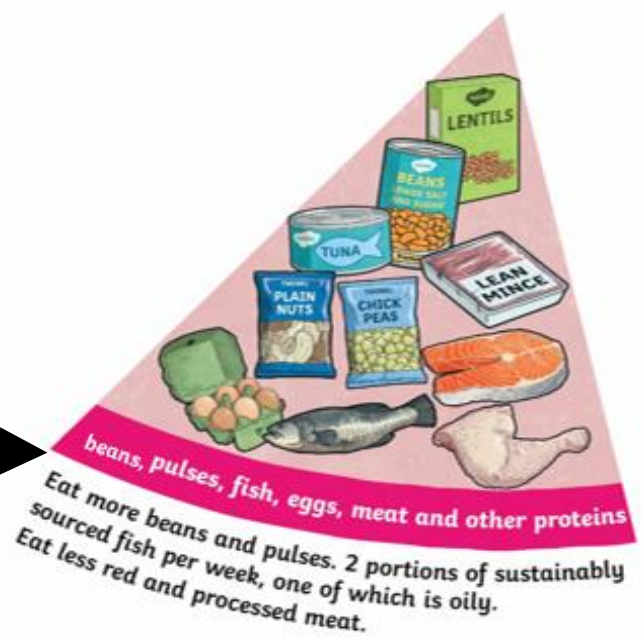
What kind of food do you think belongs in this group?

Meat, poultry, fish, eggs, beans and nuts are all sources of protein. Protein is a nutrient which is important to help us grow and help our bodies to repair themselves. These foods also have something called iron in them and this helps keep our blood healthy.

You should aim for two servings of protein a day and try to have a different kind each time. Examples of a portion include 100g of fish, 75g of meat and two eggs.



Top Tip



# Dairy or Dairy Alternatives

What kind of food do you think belongs in this group?

Milk, yoghurt and cheese are examples of dairy. Dairy foods have lots of calcium in them. Calcium is a nutrient which gives us healthy teeth and bones.

You should aim for three portions of dairy a day. A portion includes a glass of milk, a pot of yoghurt or 25g of cheese.





# Carbohydrates

What kind of food do you think belongs in this group?

Carbohydrates include food such as bread, potatoes, pasta, rice and wholegrain cereals like porridge. Carbohydrates are nutrients which give our bodies energy. These foods also give us fibre which helps us to go to the toilet regularly.

You should aim for between three and five portions of carbohydrates a day. Brown rice, wholemeal pasta and wholegrain bread are the healthiest choices. Two slices of bread, 75g of pasta and four small potatoes all count as a portion each.



twinkl.com

Top Tip →



# Fruit and Vegetables

What kind of food do you think belongs in this group?

Fruit and vegetables are the biggest section of the food pyramid and are the foods we should have the most of. Examples of these include apples, oranges, broccoli, carrots and onions. They include vitamins and minerals which help to keep us healthy. Fruit and vegetables also contain fibre which helps us to go to the toilet regularly.

The guidance has always been to have five portions of fruit and vegetables a day, but now doctors are encouraging people to aim for seven. To be healthy, you should try to eat lots of different coloured fruit and vegetables. Examples of a portion include an apple, two plums or three tablespoons of peas.

Top Tip





## Special Considerations

Eating a healthy diet means eating a balance of all the food groups using as little processed foods as possible. If we eat healthy, our body rewards us by allowing us to feel fit, energized, mentally focused and generally functioning well.

Eating unhealthy however, can affect the efficiency of important body functions negatively influencing energy levels, digestion, mental focus and

emotions, not to mention body composition. Learning the food groups and the way that they fuel the body, is one of the most important things we can learn when it comes to keeping our bodies healthy.



Along with what we eat, we need to think about what and how much we drink.

Fresh fruit juices are great however they contain a large amount of natural sugar, which although makes a preferred-

### Water



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

**Limit fruit juice and/or smoothies to a total of 150ml a day.**

alternative to fizzy drinks, is still sugar none the less. It is recommended to have a maximum of one glass of fresh juice a day. Water, on the other hand is essential to a healthy life and you should drink six to eight glasses a day and sometimes more on very active days.

The more we learn and understand about healthy eating the better. To assist your learning, we have provided lots of resources including recipes, colouring in sheets, word searches etc. in our Sport Zone at [https://www.highworth.bucks.sch.uk/web/sports\\_zone/462506](https://www.highworth.bucks.sch.uk/web/sports_zone/462506).



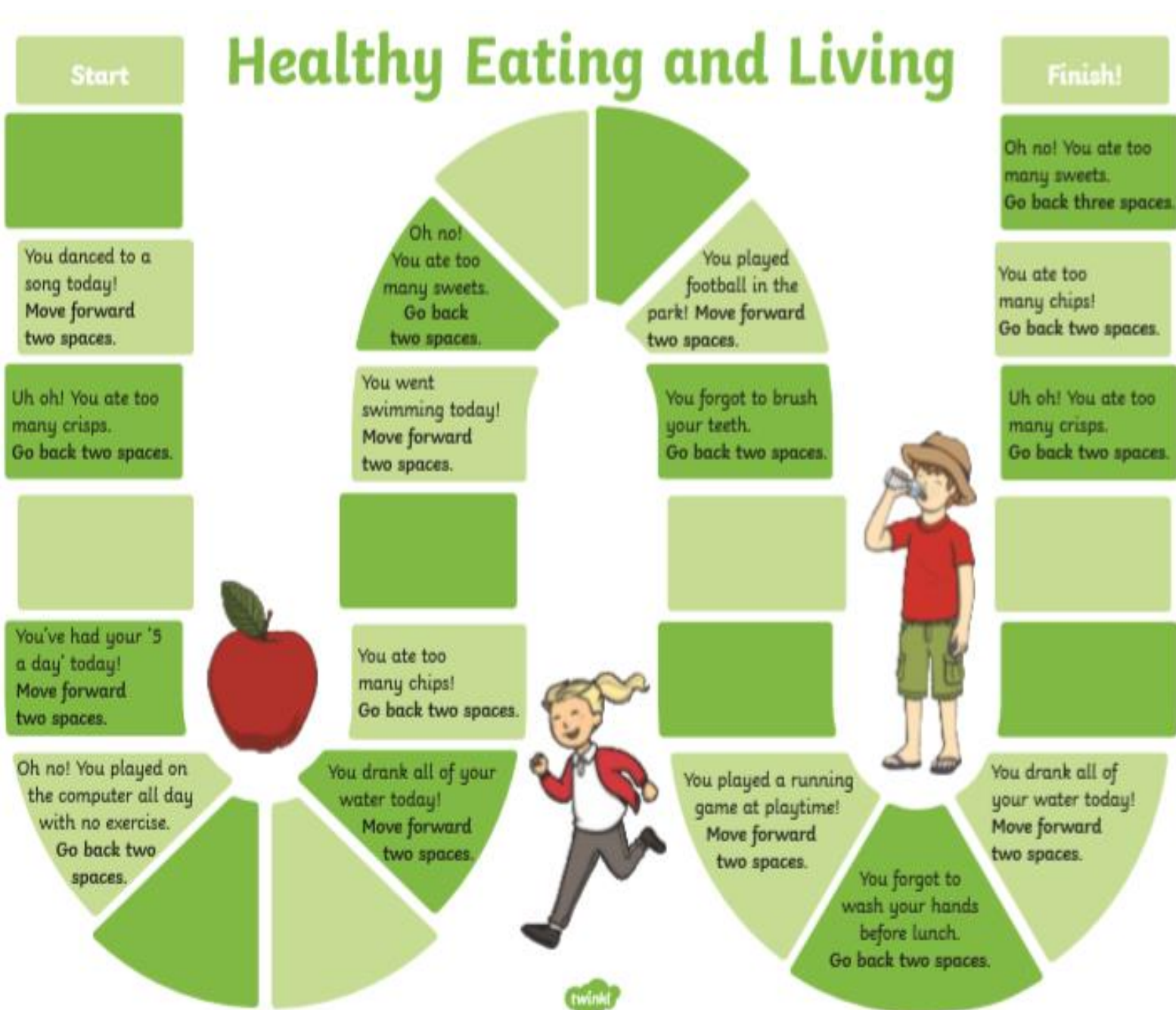
For now give this healthy living boardgame a try!

# Healthy Eating and Living Board Game

## Instructions

Roll the die and move your game piece that number of squares. Read the statement in the space and move forwards or backwards as directed.

This game can be for 2-4 players. The first player to get to the end wins!



# Physical Literacy

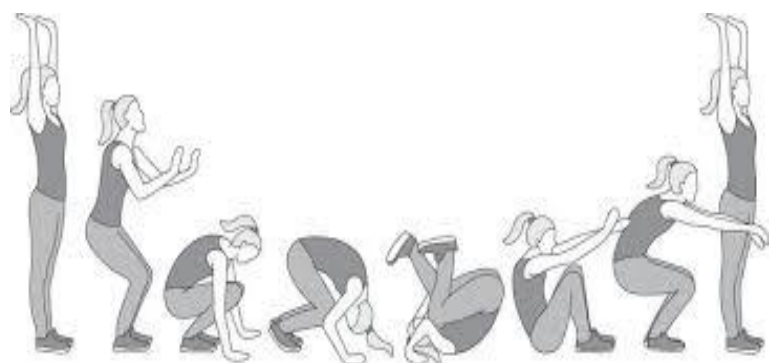
Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.

## Fundamental Movement Skills

Fundamental movement skills are movement patterns that involve various body parts and provide the basis of physical literacy. Fundamental movement skills are the foundational movements, or precursor patterns, to the more specialised and complex skills used in play, games and specific sports. Physical literacy describes the ability of a person to instruct the body to perform an action accurately and with confidence and to recognize the physical, social, cognitive and emotional attributes required to do so effectively. Fundamental movement skills can be categorised into three groups: body management skills, locomotor skills and object control skills.

## Body Management Skills

Body management skills involve balancing the body in stillness and in motion. Examples are static and





dynamic balancing, rolling, landing, bending and stretching, twisting and turning, swinging, and climbing. Without competence in body management, the safe implementation and development of the other fundamental movement skills becomes difficult.

## **Locomotor Skills**

Locomotor skills involve transporting the body in any direction from one point to another. Examples are crawling, walking, running, hopping, leaping, jumping, galloping, skipping and swimming.



## **Object Control Skills**

Object control skills require controlling implements and objects such as balls, hoops, bats and rackets, by foot or with any other part of the body. Examples are throwing, catching, kicking, striking, bouncing and dribbling.



Promoting the development of these skills and other elements of physical literacy, allows children to create a positive relationship with physical activity for the rest of their lives. How do we develop these skills? Simply, play games, try different sports, be creative and generally have as much fun with the above skills as you can.

To get you started try each of the below activities, then head to our Sport Zone for more ideas:

[https://www.highworth.bucks.sch.uk/web/sports\\_zone/462506](https://www.highworth.bucks.sch.uk/web/sports_zone/462506).

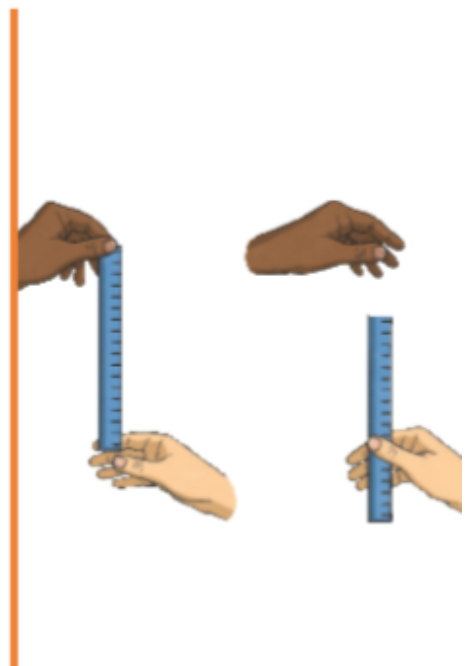
## Reaction Game

In a sporting context, reaction time means how fast an athlete is able to respond to a stimulus, such as the starting gun in a running race. It is a strength that can be improved with practice.

### The Ruler Drop Test

Work with a friend or family member to test your reaction skills using a ruler.

- Person A sits on a chair at a table with their forearm extended over the edge of the table.
- Person B holds a ruler vertically, 2cm above person A's hand. Number one should be at the bottom and number 30 at the top.
- Person B will release the ruler, without any warning, for person A to catch using their thumb and index finger.
- When Person A catches it, record the number on the ruler displayed just over the thumb. The lower the number, the faster your reaction time.



## Relay Running

The 'Downsweep' is one of many different techniques that can be used for passing the baton in a relay race.

- Maintain an arm's length between runners.
- Hold out your hand behind you, palm up and open for receiving.
- Grip (don't snatch) as soon as you feel the baton in your hand.
- Keep your eyes ahead, don't turn around.
- Hold the baton at one end so there is enough surface area to grasp the baton at the other end on passing.

Teach a friend or family member the downsweep technique using a rolled-up newspaper or baton shaped object.



It might help if the incoming runner calls out, "Hand!" so that the front runner knows when to hold out their open hand behind them to receive the baton.

## The Heave Throw

This is a two-handed throw over the head that uses the whole body to generate maximum momentum. It is similar to the technique used for the hammer throw in athletics.

- Start with your back facing the direction of the throw and your feet shoulder-width apart.
- Hold the ball with two hands.
- Bend down, swinging the ball between your legs.
- Straighten your legs while swinging the ball upwards and backwards over the head.
- The back should be kept upright and the arms long and straight.



## Standing Triple Jump

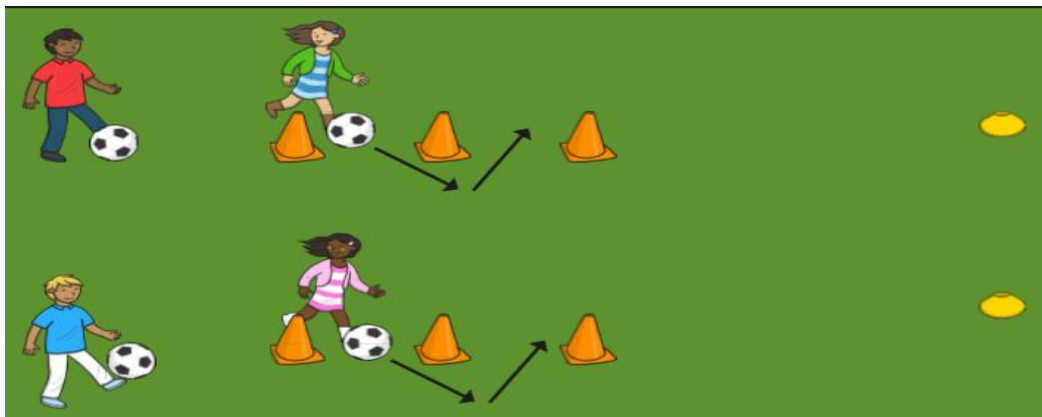
The men's standing triple jump was a track & field athletics event at the 1900 and the 1904 Summer Olympic Games. Ray Ewry set the first Olympic record in this event with 10.58 metres. Here is the standing triple jump technique:

- Start with one foot on the ground.
- Hop on to the same foot.
- Step on to the other foot.
- Leap, so that both feet leave the ground, swinging your arms forwards and upwards (this is the jump phase).
- Land on both feet at the same time.



See how many hop, step and jumps it takes you to achieve the same distance as Ray Ewry did back in 1900?

## Dribble and Shoot



- One at a time, children dribble through their line of cones, and take a shot at the empty goal.
- Make sure children place their weaker foot next to the ball, and are using the laces of their shoes to strike the ball. This will enable children to use more power and accuracy than if they kick with their toes.
- Once a player has taken their shot, they must collect their ball and dribble to the back of their team's line (or pass the ball to the next person if using fewer balls).
- After the first player has taken a shot, the next player can go.





We hope you have found this information useful and you can understand the importance of staying active and eating well to maintain a healthy lifestyle. Go to our Sport Zone to support the practice of this information pack, there you will find lots of sporting games, resources and tasks for you to make use of which is updated weekly!

[https://www.highworth.bucks.sch.uk/web/sports\\_zone/462506](https://www.highworth.bucks.sch.uk/web/sports_zone/462506)

Other great websites/apps we recommend are:

- YouTube - Joe Wicks Live

Every weekday morning at 9am Joe Wicks does a 30-minute workout which is a great start to the day.

- Go Noodle

This is a great app giving great demonstrations to different exercises and skills.

- Twinkl

This is a great website for hundreds of resources for exercises, games and all out learning!



Stay safe, Stay active

Best wishes

Highworth PE Team