

Lockerbie Academy

Learning@Home

Activities – S1-3



Year group

S1



S2



S3



Subject/Teacher Physical Education (PE) – All classes

Online activities

Pupils have been added to Teams – in year groups – and pupils can access this from the Glow tile.

Keep an eye on the Main Feed for tasks to be completed on the days you have Physical Education. For the next couple of weeks, the emphasis will be on staying active and getting in exercise to contribute to your physical and mental wellbeing. Pupils may choose one of the tasks as follows:

Hard option – Complete the Joe Wickes PE circuit, every day. These can be accessed LIVE at 9am on FACEBOOK “The Body Coach” or you can wait for them to appear on his Youtube channel – “The Body Coach”. Extra videos, if interested, can be sourced from his Youtube channel.

Easier option – Do these on the days you have Physical Education, or choose one of the workouts from the Joe Wicks Powerpoint on Teams. This is available on the General News Feed and can be downloaded by clicking on the 3 dots too.

Alternative activities

Create your own circuit using some of the help on teams or your own knowledge.
Select 6 exercises and complete 3 sets of 30 seconds working, 30 seconds rest for each exercise.

Go out a walk/run/cycle with someone in your household once a day– adhering to the government social distancing guidelines.