

Primary P5-P7 PE

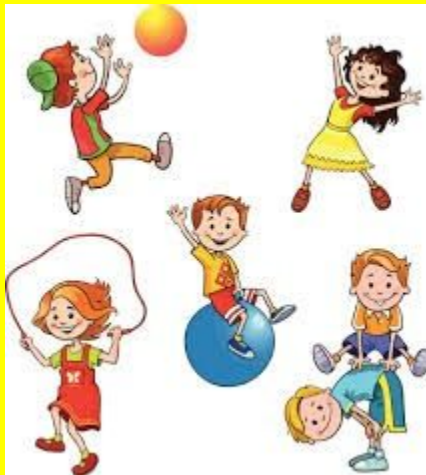
GROSS & FINE MOTOR SKILLS

Below are 6 tasks. Task 1 is for everyone to complete and then we would like you to choose two or more tasks to complete over the week.

1. Gross & Fine Motor Skills (FLIP)

Click on the link below. Watch the videos and try the tasks and challenges on the explore and create pages:

<https://sites.google.com/cl.glow.scot/pegrossandfinemotorskills/home>



2. Balancing/Keepy Uppy with Bat

Use a bat and a ball, or balloon and dish towel, bean bag and frying pan etc. and try the following:

1. Balance equipment on bat - both hands
2. Pass bat under legs/round your back
3. Throw equipment in the air, catch softly
4. Catch in different places - higher, lower, under legs, behind back, above head
5. Keepy Uppy - How many can you do?
6. Keepy Uppy - How many can you do with your bat changing hands, behind your back, under your legs, and at different heights?

To make it easier:

1. Stand still
2. Use - a bigger ball, equipment that moves slower, eg. balloon, dish towel, paper
3. Work with a partner - throw the equipment for each other - balloon tennis

To make it more challenging:

1. Move - walk, jog, skip, sidestep
2. Change equipment, smaller bat/ball or different item of equipment
3. Sit down/stand up/turn around before catching - try different ones

3. Origami Birds

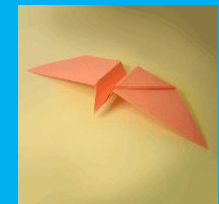
All you'll need a piece of paper, and maybe a ruler to press down the folds.

Try and make this beautiful typical [Japanese Crane](#)



To make it easier:

This [twirling bird](#) is a little easier.



To make it more challenging:

And if you've mastered those two, try this quite tricky little [owl](#).



4. Jenga Match



To make it easier:
Create flat 2D patterns.

To make it more challenging:
Create 3D towers and complex patterns.

5. Overarm Bowling Practice

Set up some targets (can be anything - books, clothes on a washing line, soft toys etc). Using a ball or a similar object, try and knock the targets down or hit them using an overarm bowl technique. This picture should remind you how to:



If you hit your target, well done!
If you miss it, do 10 star jumps and then try again.

To make it easier:
Practice the action slowly without throwing the ball.
Instead of overarm bowling, try overarm throwing.
Move closer to the target.

To make it more challenging:
Move further away from the target.
Speed up the movement, and add in a run up.

6. Ball Handling

Check out the video below:
[10 Ball Handling Drills](#)

Using any type of ball, start working your way through these drills to improve your motor skills. Try each drill for between 20-30 seconds.

- 1 - Ball Slaps
- 2 - Finger Taps
- 3 - Around Head
- 4 - Around Waist
- 5 - Around Shins
- 6 - Around One Leg
- 7 - Figure Of Eight
- 8 - Drop & Switch
- 9 - Sit Down Dribble
- 10 - Lay Down Dribble



To make it easier:
Start off slowly.
Use a larger ball.

To make it more challenging:
Start to get faster.
Use a smaller ball.
Change direction, leg or hand.
Add in walking, jogging or side stepping.