



Primary P1 - 2 PE

Below are 6 tasks. Choose 3 or more to do this week. You might need to practise one for a few days.

To see the videos, click on the activity written in blue then click on the link.

Balance Beam

Make a straight line on the floor or pavement outside (you can use chalk, tape or towels). Use the line to act as a balance beam and try to walk across it, without falling off.



Ball Bouncing

Use a ball and try to bounce it on the same spot for 10 times without it rolling away or losing control. Use this link for help.

[Ball Bouncing](#)



To make it easier:
Walk slower.

To make it harder:
Try changing direction more often.
Balance an object on your head.
Walk backwards.

Throw at a Target/Partner

Stand on one leg and try to throw a ball/socks towards a target or a partner. Count how many you get.[Standing on One Leg Throwing/Catching](#)



To make it easier:
Try using 2 hands to keep control of the ball.

To make it more challenging:
Try using 1 hand or try moving around at different speeds without losing control.
Try moving around using different movements like sidesteps, skipping.

To make it easier:
Stand closer to target/partner.

To make it more challenging:
Stand further away.
Change legs so you use both.

Animal Walks

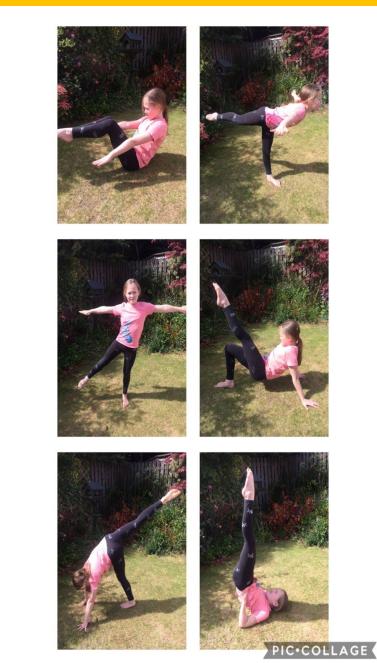
Can you show good balance and control by copying these animal movements?



Can you think of any more animal movements that you could try?

Musical Statues

Listen to your favourite music. When the music stops, hold a balance for 3 seconds. Can you stay really still by tightening your muscles and keeping your head still?



Yoga

Have a go at some of the different yoga poses below. Try and hold them for about 10 seconds.

If you enjoy the yoga you can also try out cosmic kids yoga.

<https://www.youtube.com/watch?v=rnIDBKD2S78>



To make it easier:

Try working on 2 movements from the 4 options.

To make it easier:

Make your balances lower to the ground. Balance with more body parts on the ground.

To make it easier:

Hold the positions for a shorter time. Ask someone to hold your hand or hold the wall/couch until you are in a balanced position.

To make it more challenging:

Try and move around the house copying 1 move for 30 seconds.

To make it more challenging:

Try balancing on fewer body parts, for example, balance on one foot.

To make it more challenging:

Hold the positions for longer. Try one of the other Cosmic Kids Videos.

