

Menstrie Primary P1-2 PE

THE BEST OF WEEK

Below are the best of our PE grid tasks as voted by you! Hope you enjoy completing them over your last week before the holidays!

Don't forget to share how you get on with Miss Johnston! :)

1.Obstacle Course

Build an obstacle course either indoors or outdoors using things you find in the house.

Practice different movements like crawling, jumping and so on. Think cushions, dish cloths, tins of food, chairs etc.



2.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](#)



3.Crab Walks

Place hands and feet on the floor with your tummy facing upwards. Keep the back and tummy straight and hold your bottom off the ground.

Put a soft toy on the tummy - to keep it from falling off don't let your back slump. Try to walk around for 30 seconds like a crab.



To make it easier:

Use less objects/obstacles.

To make it easier:

Try using 2 hands to keep control of the ball.

To make it easier:

Try it for 10 seconds to start with.

To make it more challenging:

Add in more obstacles.
Time yourself to see how quickly you can do it.

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 side steps, or skipping.

To make it more challenging:

Try moving in different directions.

4. Jump The River

Use towels, rope, string, or paper to mark out two lines. The space in between is the river.

Try to jump to the other side without touching the water.

Swing your arms forward to jump. Start with the lines close together and gradually move out.

How far away can they be?



5. Running Challenge

Can you run a whole minute for every year old you are?

For every year old you are you have to see if you can run your age in minutes without stopping. So if you are 6 years old, can you run for 6 minutes without stopping?

Why not get a family member to run with you and time you while you run?

Remember your pace, don't start off sprinting as fast as you can, start slowly and you can get quicker if you can manage.



6. Socks in a Box

Create a target (box, dish cloth, cushion). A pile of socks - child pairs them then underarm throws to the target.

A poster titled '60 Second Challenge Socks in the Box'. It features a dashed blue border and a red header. The text includes: 'The Physical Challenge: How many socks can you pair up and put in the box in 60 seconds? Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box. #StayHomeStayActive'. There is an illustration of a child running towards a box. On the right, there are three achievement levels: 'Achieve Gold: 20 pairs of socks', 'Achieve Silver: 15 pairs of socks', and 'Achieve Bronze: 10 pairs of socks'. A small circular callout asks 'Do you know trying areas if you struggle to match up a pair of socks?'. At the bottom, it says 'Equipment: Socks and a Box! If you do not have a box use a bowl. Throw in unpaired socks as red hearings.' (Note: 'hearing' is misspelled as 'hearings' in the image).

Did you achieve gold, silver or bronze?

To make it easier:

Use a running jump.
Lines close together.

To make it more challenging:

Use a standing jump - 2 feet to land on 2 feet.
You can also try:
-1 foot take off to 2 feet landing.
-2 foot take off to 1 foot landing.

To make it easier:

To begin with try running for a minute then walking for a minute and try to build it up each time you try.

To make it more challenging:

Try to run for the whole time without stopping, if you can manage that try again but this time run faster.

To make it easier:

Stand closer to the box.
Use only one or two pairs of socks.

To make it more challenging:

Stand further away from the box/target.
Use more pairs of socks.