First Level – P. E. Home Learning Activities Grid

Each of these activities help to develop different physical skills and type of fitness.

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| Kinaesthetic Awareness – Can you take 3 pictures of yourself, showing the tallest shape you can, the smallest shape you can and the widest shape you can? | Stamina – Can you do 30 star jumps without stopping?  Sam Wood's workout for those who claim they don't have time | Coordination & Fluency – Can you perform hop scotch. Landing on 1 foot – 2 feet, 1 foot - 2 feet - 1 foot - 2 feet?  Hopscotch - Hopscotch Clip Art, Png Download - 308x800 (#7398042) PNG Image  - PngJoy |
| Core Stability & Strength – Can you hold a Plank position for 20 seconds?  How to Plank the Right Way Plus 4 Plank Variations | MyFitnessPal  Can you hold the plank on 1 elbow and one foot (keep your legs and belly off the ground)? | Balance & Control – Can you balance on one foot on a cushion for 5 seconds?  Try the other leg – which one are you better with? | Speed – Can you run to a spot, do 10 star jumps and run back faster than an adult at home? |
| Rhythm & Timing – Can you jump, jump clap - jump, jump clap at the same time as the music from Queen – We will rock you. Can you now try it with no music? Colorful Music Notes Clipart Image​ | Gallery Yopriceville - High-Quality  Images and Transparent PNG Free Clipart | Flexibility – Can you sit on the floor with your legs wide apart, how low can you get your chest to the floor? | Coordination & Fluency – Can you throw a ball/small cuddly onto a paper plate from a distance?  Target throwing | N Family Club |