



St Catherine's Primary School



Home Learning

Level: Early

Teacher: Miss Owens



Health and Wellbeing (PE 3)

Complete at least one PE challenge each day and remember to tick off the challenges as you do them to help you keep track of your progress. You could even send some pictures or videos of you completing the PE challenges to your class teacher on Seesaw. Good luck boys and girls!

Challenge 1 – Spring Walk

Spend some time outside by going for a walk with a parent or guardian. Can you spot some signs of spring?



seedling



flower



daffodil



insect



green leaf



bird

Challenge 2 – Gymnastics Balances

1. Can you hold a balance with only 1 body part on the floor?
Try to hold balances for 3 seconds.
2. Can you hold a balance with 2 body parts on the floor?
3. Can you hold a balance with 3 body parts on the floor?
4. Can you hold a balance with 4 body parts on the floor?
5. Can you hold a balance for more than 3 seconds?
6. Can you complete 2 balances in a row?
7. How high can you raise your leg if you are balancing on the other one? Can you hold it still?
8. Can you balance on your tip toes?



Challenge 3 – PE with Numbers

Combine PE and Numeracy and complete these 'PE with Numbers' activities by The PE Shed. Follow the link below to take you to The PE Shed's YouTube video.

<https://www.youtube.com/watch?v=oy6b5PD3EXQ>



Equipment

Twenty pieces of paper
numbered 1-20



Challenge 4 – Socks in the Box

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from the box. Players run, match up a pair of socks and place them in the box. Count how many you manage to get in the box after 60 seconds and then try to beat your score each time.



Equipment

Socks and a box

Don't worry if you don't have a box! Use a washing basket, a bowl, a bag or anything else in your home that's suitable.

Achieve Gold (12 pairs of socks)



Achieve Silver (8 pairs of socks)



Achieve Bronze (4 pairs of socks)



Challenge 5 – Spell Your Workout

Spell your name, a family member's name, a tricky spelling word or any word of your choice. For each letter do the exercise listed below.

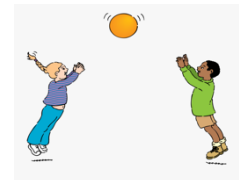
- | | |
|--|--|
| A Jump up and down 10 times | N Run on the spot for 20 seconds |
| B Spin around in a circle 5 times | O Do 7 star jumps |
| C Hop on one foot 5 times | P Dance for 30 seconds |
| D Run to the nearest door and run back | Q Walk like a crab for 10 seconds |
| E Walk like a bear for 5 seconds | R Skip for 12 seconds |
| F Do 3 cartwheels | S Bend down and touch your toes 20 times |
| G Do 10 jumping jacks | T Do 9 high kicks |
| H Hop like a frog 8 times | U Walk like an elephant for 20 seconds |
| I Balance on your left foot for 10 seconds | V Flap your arms like a bird 25 times |
| J Balance on your right foot for 10 seconds | W Pretend to ride a horse for 15 seconds |
| K March like a toy soldier for 12 seconds | X Try and touch the clouds for 15 seconds |
| L Pretend to jump rope for 20 seconds | Y Walk on your knees for 10 seconds |
| M Do 3 rolls of your choice | Z Do 10 push ups |

Challenge 6 – Throwing and Catching

Work on your throwing and catching skills by playing these fun games with someone in your household.

Follow the link below to take you to the YouTube video and focus on **Build 1**.

<https://www.youtube.com/watch?v=7q2lx8TN8LE&t=4s>



Equipment

Game 1: A ball and a hula hoop

Use a piece of cardboard or paper if you don't have a hula hoop

Game 2: A ball

Use a beanbag, a cuddly toy, a scarf or other homemade alternative if you don't have a ball

Challenge 7 – Speed Bounce

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count. Count how many you manage to do in 60 seconds and then try to beat your score each time.



Equipment

A pillow

Jump over a safe object if you do not have a pillow

Achieve Gold (40 bounces)



Achieve Silver (30 bounces)



Achieve Bronze (20 bounces)



Challenge 9 – Speed Snaps

Work on your speed, stamina, focus and communication by playing ‘Speed Snaps’ which is a game from Glasgow’s PEPASS Team (Physical Education, Physical Activity and School Sport). Follow the link below to take you to PEPASS’ YouTube video and learn how to play the main activity with someone in your household.

<https://www.youtube.com/watch?v=IBrCit4e-1s>

Equipment

A pack of playing cards/snap cards or even make your own cards



Challenge 8 – Couch Island (Balancing)



Equipment

Pillows, towels, cuddly toys, a couch and a stopwatch



With a parent or guardian’s permission, create a trail leading to a couch in your house by placing all equipment on the floor (it is your choice how long or short the trail is).

Start by standing on a piece of equipment and make your way to the couch without falling off the objects as you are pretending the floor is water. If you fall off, you must restart the trail. Time yourself to see how long it takes and then try to beat your time.



Challenge 10 – Learning Through a Story

Beans: The Rainy Day

Learn through a story by moving energetically, listening carefully and matching actions to words.

Follow the activities on the next page.



Challenge 10 Continued: Beans

1. Find a space, ask an adult to shout out the different types of beans below and practise these actions on the spot:

Mr Runner Bean: jog on the spot

Mr Broad Bean: stretch out wide in a star shape

Mr Kidney Bean: lie in a curved shape

Mr Magic Bean: uncurl from low to high

Mr Mean Bean: stamp on the spot

Mr Chilli Bean: shiver and shake

Mr Jumping Bean: jump up and down

Black Eyed Beans: cover one eye and hop

Mr Butter Bean: slide along the floor

Mr Jelly Bean: wobble and wobble on the spot

Mr Super Bean: either show muscles or lead with one arm to fly like superman

Mr Microwave Bean: turn and 'ping' on the spot

Bean Casserole: run to the nearest person and give them a cuddle

2. Now, listen carefully to the different types of beans and practise the actions while travelling around the room or the garden.
3. Listen to the story and respond with the correct action when you hear the name of the particular bean.

Beans Story 3 : The Rainy Day

It was a wet and windy afternoon but **Mr Runner Bean** decided to go for his usual jog in the park. He loved running in the rain. He was just getting ready when the doorbell rang. There on the doorstep were his two friends **Mr Kidney Bean** and **Mr Magic Bean**. 'Hello' said **Mr Runner Bean**, would you like to come for a jog with me? 'Of course we'll come' they replied, and the three friends jogged off to the park. On the way they saw **Mr Jumping Bean** splashing in the puddles, and **Mr Broad Bean** trying to step over them! **Mr Runner Bean** and his friends waved and kept on running. In the park they spotted a rather soggy **Mr Butter Bean** who was slithering and sliding on the muddy grass, **Mr Jelly Bean**, who was wobbling so much he could hardly stand up and **Mr Black Eyed Bean** who was hopping up and down at the edge of the pond. 'Help' they shouted, ' **Mr Chilli Bean** has fallen in the water and is wet through.' **Mr Runner Bean** jogged over to help, but before he could reach them **Mr Super Bean** appeared and pulled **Mr Chilli Bean** out of the pond. 'Oh thank you, thank you **Mr Super Bean**', they all shouted. Please come back with us for tea. **Mr Microwave Bean** will have some warm food ready for us when we get home. So **Mr Runner Bean** led the way back out of the park, down the street, in through the garden gate, up the path, in through the door, into the kitchen and sat down at the table in front of a big bowl of..... delicious **Bean Casserole!**