**Physical Education - Home Learning Grid Week beginning: 27 April for P1**

|  |  |
| --- | --- |
| Curricular Area/Learning Intention | Tasks |
| **Learning across the Curriculum**  **Physical Education:**  LI: Be able to mirror the actions showing good Rhythm & Timing skills  LI2: Be able to improve your ‘Throwing and catching’ skills through different activities  LI: Be able to communicate your learning through verbal communication  **Benchmark Focus: Rhythm & Timing, Gross & Fine Motor Skills, Communication, Confidence & Self Esteem**  **Numeracy Link**: Counting skills  **Literacy link:** Speaking &Listening skills  **Equipment needed**:   * Space * Socks/ball/beanbag | **Task 1:**  Using the link below take part and follow the Jump Start Jonny session. Try to copy each move.  Whoopa:  <https://youtu.be/YfbTvJMcRow>  **Task 2:** Choose your challenge – Go setter, Challenger or Super Challenger:  **(Go Setter)**  Complete **Activity 1** and complete the 4 challenges – **5 throws** for each one.    **(Challenger)**  Complete **Activity 1 & 2** and complete the 8 challenges – **8 throws** for each one.  **(Super Challengers)**  Complete **Activity 1,2 & 3** and complete the 9 challenges – **10 throws** for each one and share with someone your activities and what you have achieved.  **Activity 1:**  **EYES CLOSED**  1. Throw and catch with 2 hands  2. Throw and catch with 1 hand  3. Throw with your left and catch with your right  4. Throw with your right and catch with your left  **Activity 2:**  1. Throw, star jump once then catch  2. Throw, clap 4 times then catch  3. Throw, turn around then catch  4. Throw, spin then catch  **Activity 3:**  1. Create your own challenge/s and get a member of your family to do them. Can you take photos/video your skills?  See visual sheet to support your activities.  If you want to let us know how you’re doing with your PE skills you can email the school email address  **wlstoneyburn-ps@westlothian.org.uk**  Have fun! |