**Physical Education - Home Learning Grid Week beginning: 4 May for P1**

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| 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 further improve your ‘Throwing and catching’ skills through different activities ready for our virtual sports day  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.  Hey Hey Hey:  <https://youtu.be/CD5Xa4Zt4Zc>  **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:**  1. Throw and catch above your head  2. Throw and catch below your knees  3. Throw at a wall and catch  4. Throw, sit down and catch    **Activity 2:**  1. Throw, double dab then catch  2. Throw, floss then catch  3. Drop and catch behind your back  4. Throw, squat then catch  **Activity 3:**  1.Throw and catch behind your back  2. 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 **FAO: Mrs Howard.**  Have fun! |