**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 skillsLI2: Be able to further improve your ‘Throwing and catching’ skills through different activities ready for our virtual sports dayLI: 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 head2. Throw and catch below your knees3. Throw at a wall and catch4. Throw, sit down and catch **Activity 2:**1. Throw, double dab then catch 2. Throw, floss then catch3. 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! |