

Tuesday 31st March 2020

Primary 1/2 PE

1. In your garden or in a space get yourself warmed up with:
 - 20 jumping Jacks
 - 20 High knees on the spot
 - 20 mountain climbers <https://www.youtube.com/watch?v=zT-9L3CEcmk>

2. If you have a football or alternative ball practise some of the skills we have been doing:
 - run and stop with the ball
 - beep the horn (toe taps on the ball)
 - car wash (side to side)
 - round the roundabout (turn on the spot)
 - Change of speed
 - Swap- Pass to a partner if you have one!
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3. How many keepy uppies can you do? Keep the ball up in the air using your foot, knee or chest.

4. Try dribbling with a ball around the garden- keep changing your speed between walking, running and jogging. Try changing direction too.

5. Here are some PE challenge Grids you might want to try some at home to keep yourself active



P.E Challenge Grid

<p>Complete a Joe Wicks workout! This will link you to his YouTube channel. Go to the 'classroom workout' section and let's keep fit! https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ *Challenge – can you create your own workout and get your family to join in? You could even create a workout and upload it to Teams so that we can all do it at home too! Take lots of pictures / videos!*</p> 	<p>Put your dancing skills to the test with Just Dance! Go to their YouTube channel and choose a dance to follow. https://www.youtube.com/channel/UCOoefYX4YrPA-abpa8Is2A Encourage anyone at home to join in too! Why not create your own dance or teach us how to do a TikTok dance by creating your own dance tutorial!</p> 
<p>Get moving with GoNoodle, Cosmic Kids Yoga or Yoga for Teens with Adriene! https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw https://www.youtube.com/watch?v=7kgZnJqzNaU</p>   	<p>Create your own indoor or outdoor obstacle course using anything you can find! Take photos of it and edit using PicCollage or Markup to show what you have to do on each part of your course. Or you could take a video explaining how to set up your course and what you've to do!</p> 



P.E Challenge Grid

<p>Visit BBC Let's Get Active! Click on one of the videos to work on a skill you have learned in P.E. https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-lets-get-active/z72yjjhv</p>  <p>Physical Education KS1 / KS2: Hybrid Sports - Attacking and Defending Take part in a fun combination of games and learn attacking and defending tactics.</p>	<p>Go outside and play on your bike / skateboard / roller skates / scooter. You could even play a game in the garden or outdoor area. Football, basketball, tig etc. As long as you're outside getting active!</p> 
<p>Make up your own game or sport. A personal favourite of mine is trying to see how many socks I can 'score' into the washing basket. You may also want to play 'tin can' bowling. Get creative. Take photos / videos of your game.</p> 	<p>Go for a walk with your family. Spend some time together outside. Take photos of some of the sights / wildlife you see. Be the outdoor photographer for the day. Your phones / fitbits / step trackers will count the number of steps you did. Share them on Teams!</p> 