**Physical Education - Home Learning Grid Week beginning: 30 March 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 flexibility skills in yoga  LI2: Be able to improve your balance and travelling skills through different activities  LI: Be able to communicate your learning through verbal and non verbal ways  **Benchmark Focus: Flexibility, Gross & Fine Motor Skills, Balance & Coordination, Communication**  **Numeracy Link**: Counting skills  **Literacy link:** Speaking &Listening skills  **Equipment needed**:   * Space * Socks * Jotters * Pencil * Colours | **Task 1:**  Using the link below take part and follow the cosmic yoga session. Try to copy each move.  <https://youtu.be/U9Q6FKF12Qs>  **Task 2:** Choose your challenge – Go setter, Challenger or Super Challenger:  **(Go Setter)**  Complete **ONE** activity from the list below and complete it.    **(Challenger)**  Complete **TWO** activities from the list below and complete it.  **(Super Challengers)**  Complete the **TWO** activities from the list below and try and share with someone your activities and what you have achieved.  **Activity 1:**  Balancing Skills:  Can you move around your house, garden or both balancing some rolled up socks on your …   * Head * Shoulder * Elbow * Hand * Knee * Foot   Write in your jotter how many steps you could do for each one before the socks fell on the floor  **Activity 2:**  Travelling Skills:  In a space inside or outside, can you practise different ways to travel? For example;   * Running * Skipping * Galloping * Hopping * Jumping   What other ways can you think of? Draw pictures in your jotter of the different ways you travelled and where.  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! |