**Physical Education - Home Learning Grid Week beginning: 30 March for P2**

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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 yogaLI2: Be able to improve your balance and travelling skills through different activitiesLI: 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.Popcorn the Dolphin:<https://youtu.be/YR1OxBk8BF4>**Task 2:** Choose your challenge – are you going to be a 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.**Extension Task:**Think about our PE Benchmark board in the large hall and the 4 areas (Green, Yellow, Pink and Blue)Are you able to speak to your family about what each benchmark means?**Flexibility****Gross & Fine Motor Skills****Balance & Coordination****Communication**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! |