**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 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.  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! |