

Physical Education - Home Learning Grid Week beginning: 4 May for P1

Curricular Area/Learning Intention	Tasks
<p>Learning across the Curriculum</p> <p>Physical Education:</p> <p>LI: Be able to mirror the actions showing good Rhythm & Timing skills</p> <p>LI2: Be able to further improve your 'Throwing and catching' skills through different activities ready for our virtual sports day</p> <p>LI: Be able to communicate your learning through verbal communication</p> <p>Benchmark Focus: Rhythm & Timing, Gross & Fine Motor Skills, Communication, Confidence & Self Esteem</p> <p>Numeracy Link: Counting skills</p> <p>Literacy link: Speaking & Listening skills</p> <p>Equipment needed:</p> <ul style="list-style-type: none">- Space- Socks/ball/beanbag	<p>Task 1:</p> <p>Using the link below take part and follow the Jump Start Jonny session. Try to copy each move.</p> <p>Hey Hey Hey: https://youtu.be/CD5Xa4Zt4Zc</p> <p>Task 2: Choose your challenge – Go setter, Challenger or Super Challenger:</p> <p>(Go Setter) Complete Activity 1 and complete the 4 challenges – 5 throws for each one.</p> <p>(Challenger) Complete Activity 1 & 2 and complete the 8 challenges – 8 throws for each one.</p> <p>(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.</p> <p>Activity 1:</p> <ol style="list-style-type: none">1. Throw and catch above your head2. Throw and catch below your knees3. Throw at a wall and catch4. Throw, sit down and catch <p>Activity 2:</p> <ol style="list-style-type: none">1. Throw, double dab then catch2. Throw, floss then catch3. Drop and catch behind your back4. Throw, squat then catch <p>Activity 3:</p> <ol style="list-style-type: none">1. Throw and catch behind your back2. Create your own challenge/s and get a member of your family to do them. Can you take photos/video your skills? <p>See visual sheet to support your activities.</p> <p>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.</p>

	Have fun!
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