

## Physical Education - Home Learning Grid Week beginning: 18 May for P1

Curricular Area/Learning Intention	Tasks
<p><b>Learning across the Curriculum</b></p> <p><b>Physical Education:</b> LI: Be able to mirror the actions showing good Rhythm &amp; Timing skills</p> <p>LI2: Be able to further improve your 'Balancing' skills through different activities.</p> <p>LI: Be able to communicate your learning through verbal communication</p> <p><b>Benchmark Focus: Balance &amp; Coordination, Communication, Confidence &amp; Self Esteem</b></p> <p><b>Numeracy Link:</b> Timing skills</p> <p><b>Literacy link:</b> Speaking &amp; Listening skills</p> <p><b>Equipment needed:</b></p> <ul style="list-style-type: none"><li>- Space</li><li>- Socks/ball/beanbag</li><li>- Timer</li></ul> <p><b>FOR YOUR SAFETY:</b> Please make sure that you are taking care performing any of the activities. Safety is key in any physical activity. Please make sure that you have enough space around you to perform and complete your activity. Move any objects out of the way before starting that may be a hazard and wearing clothing that is suitable for PE Activities, your laces are tied and that you are being supervised appropriately.</p>	<p><b>Task 1:</b> Using the link below take part and follow the dance warm up challenge . Try to copy each move.</p> <p>Disney Dance Challenge: <a href="https://youtu.be/mUSgKSgS4-E">https://youtu.be/mUSgKSgS4-E</a></p> <p><b>Task 2:</b> Choose your challenge –Go setter, Challenger or Super Challenger:</p> <p><b>(Go Setter)</b> Complete <b>All activities</b> – <b>5 seconds</b> for each one.</p> <p><b>(Challenger)</b> Complete <b>All activities</b> – <b>10 seconds</b> for each one.</p> <p><b>(Super Challengers)</b> Complete <b>All activities</b> – <b>20 seconds</b> for each one.</p> <p><b>Balance Activities:</b></p> <ol style="list-style-type: none"><li>1. Balance on your Right Leg</li><li>2. Balance on your Left leg</li><li>3. Balance on your bottom</li><li>4. Balance on one leg with your eyes closed</li><li>5. Walk across the room balancing a sock ball on your head</li><li>6. Walk across the room balancing a sock ball on your shoulder</li><li>7. Walk across the room balancing a sock ball on your foot</li><li>8. Walk across the room balancing a sock ball on your head, foot &amp; shoulder</li><li>9. Create your own balance challenge</li></ol> <p><b>Extension Task;</b> Can you complete each activity against somebody else in your house for longer?</p> <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 <b>FAO: Mrs Howard</b>.</p> <p>Have fun!</p>

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