

Primary 1 PE



Activity Ideas (inside or in your garden)		
Have a family disco	Make up some fitness stations	Practice throwing and catching
Create an obstacle course	Practice different types of jumps	Make up a tig game
Practice movements like skipping, side-stepping and hopping	Mini football in the garden	Play hopscotch

Online Resources

Joe Wicks Daily PE (Live at 9am)	https://www.youtube.com/user/thebodycoach1/videos
GoNoodle	https://app.gonoodle.com/
Cosmic Kids Yoga	https://www.youtube.com/user/CosmicKidsYoga/videos
Home PE Weekly Challenge Videos	https://primarypeplanning.com/home-pe-ks1-challenge-activities/
Munchkin Sports	https://www.youtube.com/channel/UCuzWmfQra7DeDnbx3YyMCWQ/videos