

Activity Ideas (inside or in your garden)

Have a family disco	Make up some fitness stations	Play hopscotch
Create an obstacle course	Mini football in the garden	Make up a tig game
Create throwing and catching challenges	Practice kicking different balls into a goal	Practice bouncing a ball on the ground or with a racket

Primary 3 PE



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/
Interactive Family PE Boardgame	https://view.genial.ly/5e7f91b13fea8d0db0c934ae/game-pe-board-game?fbclid=IwAR3coCgc8t8Kf07s5DTu42b7nx9vhbx8m_Q5A2-LcGWq4YfoSCmLZcFxC-M