

Primary 4 PE



Activity Ideas (inside or in your garden)		
Create throwing and catching challenges	Teach someone in your family a new skill	Have a family disco
Create an obstacle course	Mini football in the garden	Make up a tag game
Practice your badminton skills (if you have a racket and shuttle)	Make up some fitness challenges and time yourself	Create a new sport that involves bouncing a ball

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 Olympics	https://primarypeplanning.com/home-pe-ks2-activities/
Interactive Family PE Boardgame	https://view.genial.ly/5e7f91b13fea8d0db0c934ae/game-pe-board-game?fbclid=IwAR3coCgc8t8Kf07s5DTu42b7nx9vhbx8m_Q5A2-LcGWq4YfoSCmLZcFx-C-M