

Primary 1 PE



Activity Ideas (inside or in your garden)

Learn some skipping tricks or time yourself	How many keepie uppies can you do?	Throw and catch something bouncing off a wall
Make up your own exercise routine	Build a den	Play hide and seek
Create a building project	Try juggling with 2 or 3 balls	Make up a dance

Online Resources

Oti Mabuse Dance tutorials

<https://www.youtube.com/user/mosetsanagape/videos>

Fit Boost Workout Creator

<https://fit.sanfordhealth.org/fit-boost>

Dance Moves Challenge

<https://sites.google.com/view/dance-move-challenge/home?authuser=1>

Primary PE Activity Videos

https://www.youtube.com/channel/UCChr6uUwypGKB5Uer_ZEpmgw/videos