 **PE Home Learning Week Beginning: 27 April**

**Focus Benchmarks:**

**Speed**

**Rhythm & Timing**

**Coordination & Fluency**

**Motivation**

**Learning Intentions:**

**UNDERSTAND** what the word Pentathlon means?

**BE ABLE TO** take part in different athletic ‘Field’ events and improve your score

BE ABLE TO record your scores to complete a Pentathlon over the next 3 weeks

**Task 1:**

Watch the following video to understand the different activities you are going to be taking part in;

<https://www.youtube.com/watch?v=o0PH0Z88SMs&list=PL6DK6xTdLkmwBkVBUkZZ2L_oTT6VXErNO&index=1>

**TASK 2:**

EXPLAIN your understanding of what the word Pentathlon means? You can use the internet to help you in your research.

**Task 3:**

Take part in the following Events making sure you record your score on the table below.

You are going to be repeating these activities over the next weeks to try and improve your scores.

 So make sure you are watching the resource videos to help you understanding how to set up and compete.

1. **Shuttle Run**

How fast can you run 5m distance 20 times?

Video resource: <https://youtu.be/_JlpNSOp8x8>

1. **Standing Long Jump**

How far can you jump?

Video resource: <https://youtu.be/tf7YG9xwscA>

**Task 4:**

Record your score:

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Week Beg 27 April** | **Week End 27 April** | **Did you improve?****Yes or No** |
| **Shuttle Run** |  |  |  |
| **Standing Long Jump** |  |  |  |

How many events did you improve? Post any pictures into assignments. Go for it! Mrs Bell!