

P.E Lesson

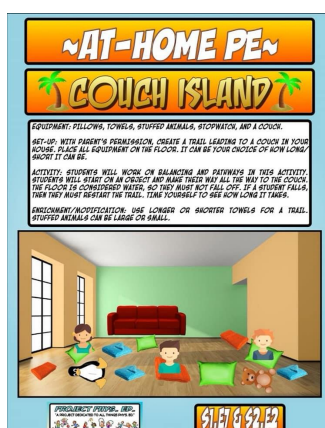
Task 1: A Self Portrait (E&O – HWB 1-24a – Confidence & Self Esteem)

Draw yourself playing your favourite sport. Sounds like an easy task, but I would also like you to think about the PE skills and qualities needed to play the sport. This should hopefully encourage you to think about how you could improve these skills. For example, if you identify that speed is important to be a rugby player – how could you improve your speed? It would be a good idea to discuss this with an adult at home. You could also try labelling your self-portrait with the skills and qualities (e.g strong, flexible, fast).

Task 2: Be the P.E Teacher

Teach someone at home a game that you have played in P.E before. Maybe choose a warm up game that we play in the hall (eg, toilet/tunnel tig). Please make sure you have a safe, open space. Perhaps take outside if you can, especially if it's going to involve lots of running around.

Task 3: Couch Island Challenge



See below for details

~AT-HOME PE~

COUCH ISLAND

EQUIPMENT: PILLOWS, TOWELS, STUFFED ANIMALS, STOPWATCH, AND A COUCH.

SET-UP: WITH PARENT'S PERMISSION, CREATE A TRAIL LEADING TO A COUCH IN YOUR HOUSE. PLACE ALL EQUIPMENT ON THE FLOOR. IT CAN BE YOUR CHOICE OF HOW LONG/SHORT IT CAN BE.

ACTIVITY: STUDENTS WILL WORK ON BALANCING AND PATHWAYS IN THIS ACTIVITY. STUDENTS WILL START ON AN OBJECT AND MAKE THEIR WAY ALL THE WAY TO THE COUCH. THE FLOOR IS CONSIDERED WATER, SO THEY MUST NOT FALL OFF. IF A STUDENT FALLS, THEN THEY MUST RESTART THE TRAIL. TIME YOURSELF TO SEE HOW LONG IT TAKES.

ENRICHMENT/MODIFICATION: USE LONGER OR SHORTER TOWELS FOR A TRAIL. STUFFED ANIMALS CAN BE LARGE OR SMALL.

