P1 PE Grid

Choose three activities from the grid:

|  |  |  |
| --- | --- | --- |
| Do 20 star jumps | Skip for three minutes | Play hopscotch outside  (\*Rules) |
| Throw and catch a ball for 10 minutes | Tiptoe walking – can you tiptoe round the edge of a path slowly and quickly? | Play follow my leader inside or outside in the garden. (one person is [followed](https://dictionary.cambridge.org/dictionary/english/follow) by another person or people, who have to [copy](https://dictionary.cambridge.org/dictionary/english/copy) everything the first person does) |
| Jog on the spot for a minute | Complete some of the Joe Wicks daily workout:  <https://www.youtube.com/watch?v=6v-a_dpwhro> | Find 5 ways you can balance using your legs and arms. |

\* **Steps - Hopscotch**

1. Draw a hopscotch design on the ground. ...
2. Throw a flat stone or similar object (small beanbag, shell, button, plastic toy) to land on square one. ...
3. Hop through the squares, skipping the one you have your marker on. ...
4. Pick up the marker on your way back. ...
5. Pass the marker on to the next person.

