




**Physical Education - Home Learning Grid Week beginning: 23 March P2**

Curricular Area/Learning Intention	Tasks
<p><b>Learning across the Curriculum</b></p> <p><b>Physical Education:</b> We are learning to be able to mirror the actions showing good flexibility skills</p> <p>We are learning to be able to count the number of exercises in a minute and keep going without stopping</p> <p><b>Benchmark Focus: Stamina, flexibility, Gross &amp; Fine Motor Skills</b></p> <p><b>Numeracy Link:</b> Counting skills <b>Literacy link:</b> Listening skills</p> <p><b>Equipment needed:</b></p> <ul style="list-style-type: none"><li>- Space</li><li>- Stopwatch/timer</li></ul>	<p><b>Task 1:</b> Using the link below take part and follow the cosmic yoga session. Try to copy each move.</p> <p><a href="https://youtu.be/U9Q6FKF12Qs">https://youtu.be/U9Q6FKF12Qs</a></p> <p><b>Task 2:</b> Choose your challenge – Go setter, Challenger or Super Challenger:</p> <p><b>(Go Setter)</b> Complete each exercise for 30 sec and count how many you do.</p> <p><b>(Challenger)</b> Complete each exercise for 1 min and count how many you do.</p> <p><b>(Super Challengers)</b> Complete each exercise for 2 mins and count how many you do.</p> <p>Write your scores in your jotter. Complete each station twice to see if you can beat your score.</p> <ol style="list-style-type: none"><li>1. Jog on the spot </li><li>2. Star jumps </li><li>3. Hop on one leg </li><li>4. Jumping</li></ol>



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### 5. Press ups



### 6. Sit ups



Look out next week for your next challenges.  
Good luck.

Mrs Howard