




Physical Education - Home Learning Grid Week beginning: 23 March P3

Curricular Area/Learning Intention	Tasks
<p>Learning across the Curriculum</p> <p>Physical Education: LI: Be able to mirror the actions showing good flexibility skills</p> <p>LI2: Be able to count the number of exercises in a minute and keep going without stopping</p> <p>Benchmark Focus: Stamina, flexibility, Gross & Fine Motor Skills</p> <p>Numeracy Link: Counting skills Literacy link: Listening skills</p> <p>Equipment needed:</p> <ul style="list-style-type: none">- Space- Stopwatch/timer	<p>Task 1: Using the link below take part and follow the cosmic yoga session. Try to copy each move.</p> <p>https://youtu.be/tbCjkPlsaes</p> <p>Task 2: Choose your challenge – Go setter, Challenger or Super Challenger:</p> <p>(Go Setter) Complete each exercise for 1 min and count how many you do.</p> <p>(Challenger) Complete each exercise for 1 min 30 sec and count how many you do.</p> <p>(Super Challengers) 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">1. Jog on the spot  <ol style="list-style-type: none">2. Star jumps  <ol style="list-style-type: none">3. Hop on one leg  <ol style="list-style-type: none">4. Jumping



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5. Press ups



6. Sit ups



7. Lunges



8. Burpees



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

Mrs Howard