

Physical Education - Home Learning Grid Week beginning: 30 March for 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 in yoga</p> <p>LI2: Be able to improve your balance and travelling skills through different activities</p> <p>LI: Be able to communicate your learning through verbal and non verbal ways</p> <p>Benchmark Focus: Flexibility, Gross & Fine Motor Skills, Balance & Coordination, Communication</p> <p>Numeracy Link: Counting skills Literacy link: Speaking & Listening skills</p> <p>Equipment needed:</p> <ul style="list-style-type: none">- Space- Socks- Jotters- Pencil- Colours	<p>Task 1: Using the link below take part and follow the cosmic yoga session. Try to copy each move.</p> <p>Harry Potter – The Philosophers Stone: https://youtu.be/R-BS87NTV5I</p> <p>Task 2: Choose your challenge – are you going to be a Go setter, Challenger or Super Challenger:</p> <p>(Go Setter) Complete ONE activity from the list below and complete it.</p> <p>(Challenger) Complete TWO activities from the list below and complete it.</p> <p>(Super Challengers) Complete the TWO activities from the list below and try and share with someone your activities and what you have achieved.</p> <p>Activity 1: Balancing Skills: Can you move around your house, garden or both balancing some rolled up socks on your ...</p> <ul style="list-style-type: none">- Head- Shoulder- Elbow- Hand- Knee- Foot <p>Can you create and hold different balances? Can you squeeze your muscles and stay still like a statue? Can you hold your balance and count to 5? Can you draw in your jotter 2 of the balances you came up with?</p> <p>Activity 2: Travelling Skills: Can you cycle, scoot or run without stopping for 10 minutes? Get an adult/sibling to time you. What feels different when you are finished? Is your heart beating faster or slower?</p>

Extension Task:

Think about our PE Benchmark board in the large hall and the 4 areas (Green, Yellow, Pink and Blue)

Are you able to speak to your family about what each benchmark below means?

Flexibility

Gross & Fine Motor Skills

Balance & Coordination

Communication

If you want to let us know how you're doing with your PE skills and work you can email the school email address FAO: Mrs Howard.

Have fun!