**P5 – 7: Physical Education Home Learning Week Beginning: 20 April**

**Focus Benchmarks:**

**Speed**

**Rhythm & Timing**

**Coordination & Fluency**

**Motivation**

**Learning Intentions:**

**UNDERSTAND** what the word Pentathlon means?

**BE ABLE TO** take part in different athletic ‘Field’ events and improve your score

BE ABLE TO record your scores to complete a Pentathlon over the next 2 weeks

**Warm up:**

**JOE WICKS -** Follow the link sent out by Mrs Howard on Teams every morning at 9am to join in Joe Wicks morning workout.

How many did you join in this week?

**Your Challenge = 2**

[www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ](http://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)

**Task 1:**

Watch the following video to understand the different activities you are going to be taking part in; <https://youtu.be/_JlpNSOp8x8>

**TASK 2:**

EXPLAIN your understanding of what the word Pentathlon means? You can use the internet to help you in your research.

**Task 3:**

Take part in the following Events making sure you record your score on the table below.

You are going to be repeating these activities over the next 2 weeks to try and improve your scores. So make sure you are watching the resource videos to help you understanding how to set up and compete.

1. **Shuttle Run**

How fast can you run 5m distance 20 times?

Video resource: <https://youtu.be/_JlpNSOp8x8>

1. **Standing Long Jump**

How far can you jump?

Video resource: <https://youtu.be/tf7YG9xwscA>

1. **Vertical Jump**

How high can you jump? Following the instructions on the video to see how to measure your jump.

Video Resource: <https://youtu.be/20d_MA76CdQ>

1. **Speed Bounce**

How many times can you jump over the towel/books/hurdle in **20 secs**

Video Resource; <https://youtu.be/jB1NWH0qpTA>

1. **Target Throw**

How many points can you score at different distances in getting the object in the basket?

Video Resource; <https://youtu.be/_Vu554a26Dg>

**Task 4:**

Record your score:

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **Week Beg 20 April** | **Week Beg 27 April** | **Did you improve?****Yes or No** |
| **Shuttle Run** |  |  |  |
| **Standing Long Jump** |  |  |  |
| **Vertical Jump** |  |  |  |
| **Speed Bounce** |  |  |  |
| **Target Throw** |  |  |  |

How many events did you improve? ………..

**Complete your table on the sheet or in your jotter and post your document/pictures into assignments or email them to the School Office FAO: Mrs Howard to show what you have been getting up to.**

**JUST FOR FUN!**

These activities are just for some fun to keep you going – they are not compulsory, just enjoy!

|  |  |
| --- | --- |
| **DANCE**Have a go at some of these Dance with Oti and Zumba links;Shrek:<https://youtu.be/Btxws8qvYAA>Mary Poppins:<https://youtu.be/hIp15TCx9nw> Jungle Book:<https://youtu.be/SboNzLZea0o> | **JUGGLING**Can you learn how to juggle?You can use rolled up socks, a growth mindset and determination is needed for this task!Use the link tutorial to help<https://youtu.be/JZmmOdnljG4>  |
| **MINDFULNESS**Complete a cosmic yoga video. Can you do all the movements exactly like the presenter?Some links below you can use;Harry Potter: <https://youtu.be/R-BS87NTV5I>Alice in Wonderland:<https://youtu.be/u8sEfRXRuAw> | **STAMINA**Can you scoot, cycle or run round your garden without stopping for 15 minutes?Keep a record for how long you were able to move for. Can you increase the time each day? |

Good Luck – Mrs Howard