**P4 – 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

**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? ………..

Post your pictures into assignments or email them to the School Office FAO: Mrs Howard.

**JUST FOR FUN!**

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

|  |  |
| --- | --- |
| **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 can you do in a week?  Your Challenge = 2  Youtube Channel:  www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ | **THROWING - UNDERARM**  Using some balled socks to practise throwing underarm accurately.  Use some items from your recycling.  Try to knock them over by throwing balled socks or a ball at them.  Can you make this into a bowling game and play against different people in your house? |
| **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