**P4 – Physical Education Home Learning Week Beginning: 27 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/Track’ events and improve your score

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

**Warm Up:**

Something slightly different to Joe Wicks this week for a warm up and will get that heart pumping;

**Body Combat** Workout No.1 <https://youtu.be/gid7mT-1YnY>

This has been shared by some of our P3 and P6 students to have a go at!! Have fun!

**Task 1:**

Having completed these last week and recorded your score - take part in the following events again to see if you can beat your scores. Make sure you record your score on the table below underneath week beg 27 April.

Make sure you are watching the resource videos to help you understand 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 2:**

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