**P5 – 7: 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’ 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 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 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 and completed grid into assignments or email them to the School Office FAO: Mrs Howard.**