

Physical Education - Home Learning Grid Week beginning: 27 April for P1

Curricular Area/Learning Intention	Tasks
<p>Learning across the Curriculum</p> <p>Physical Education: LI: Be able to mirror the actions showing good Rhythm & Timing skills</p> <p>LI2: Be able to improve your 'Throwing and catching' skills through different activities</p> <p>LI: Be able to communicate your learning through verbal communication</p> <p>Benchmark Focus: Rhythm & Timing, Gross & Fine Motor Skills, Communication, Confidence & Self Esteem</p> <p>Numeracy Link: Counting skills Literacy link: Speaking & Listening skills</p> <p>Equipment needed:</p> <ul style="list-style-type: none"> - Space - Socks/ball/beanbag 	<p>Task 1: Using the link below take part and follow the Jump Start Jonny session. Try to copy each move.</p> <p>Whoopa: https://youtu.be/YfbTvJMcRow</p> <p>Task 2: Choose your challenge – Go setter, Challenger or Super Challenger:</p> <p>(Go Setter) Complete Activity 1 and complete the 4 challenges – 5 throws for each one.</p> <p>(Challenger) Complete Activity 1 & 2 and complete the 8 challenges – 8 throws for each one.</p> <p>(Super Challengers) Complete Activity 1,2 & 3 and complete the 9 challenges – 10 throws for each one and share with someone your activities and what you have achieved.</p> <p>Activity 1: EYES CLOSED</p> <ol style="list-style-type: none"> 1. Throw and catch with 2 hands 2. Throw and catch with 1 hand 3. Throw with your left and catch with your right 4. Throw with your right and catch with your left <p>Activity 2:</p> <ol style="list-style-type: none"> 1. Throw, star jump once then catch 2. Throw, clap 4 times then catch 3. Throw, turn around then catch 4. Throw, spin then catch <p>Activity 3:</p> <ol style="list-style-type: none"> 1. Create your own challenge/s and get a member of your family to do them. Can you take photos/video your skills? <p>See visual sheet to support your activities.</p>

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

Have fun!