**P4 – Physical Education Home Learning Week Beginning: 4 May**

**Focus Benchmarks:**

**Speed**

**Rhythm & Timing**

**Coordination & Fluency**

**Motivation**

**Learning Intentions:**

**BE ABLE TO** take part in different athletic ‘Field/Track’ events and improve your score in preparation for our virtual Sports Day

**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;

**Born to move** Workout <https://youtu.be/9WgkiB-GQMI>

**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 4 May.

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** | **Week Beg 4 May** | **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. Good Luck.