

## Physical Education - Home Learning Grid Week beginning: 4 May for P1

Curricular Area/Learning Intention	Tasks
<p><b>Learning across the Curriculum</b></p> <p><b>Physical Education:</b></p> <p>LI: Be able to mirror the actions showing good Rhythm &amp; Timing skills</p> <p>LI2: Be able to further improve your 'Throwing and catching' skills through different activities ready for our virtual sports day</p> <p>LI: Be able to communicate your learning through verbal communication</p> <p><b>Benchmark Focus: Rhythm &amp; Timing, Gross &amp; Fine Motor Skills, Communication, Confidence &amp; Self Esteem</b></p> <p><b>Numeracy Link:</b> Counting skills</p> <p><b>Literacy link:</b> Speaking &amp; Listening skills</p> <p><b>Equipment needed:</b></p> <ul style="list-style-type: none"><li>- Space</li><li>- Socks/ball/beanbag</li></ul>	<p><b>Task 1:</b></p> <p>Using the link below take part and follow the Jump Start Jonny session. Try to copy each move.</p> <p>Hey Hey Hey: <a href="https://youtu.be/CD5Xa4Zt4Zc">https://youtu.be/CD5Xa4Zt4Zc</a></p> <p><b>Task 2:</b> Choose your challenge – Go setter, Challenger or Super Challenger:</p> <p><b>(Go Setter)</b></p> <p>Complete <b>Activity 1</b> and complete the 4 challenges – <b>5 throws</b> for each one.</p> <p><b>(Challenger)</b></p> <p>Complete <b>Activity 1 &amp; 2</b> and complete the 8 challenges – <b>8 throws</b> for each one.</p> <p><b>(Super Challengers)</b></p> <p>Complete <b>Activity 1, 2 &amp; 3</b> and complete the 9 challenges – <b>10 throws</b> for each one and share with someone your activities and what you have achieved.</p> <p><b>Activity 1:</b></p> <ol style="list-style-type: none"><li>1. Throw and catch above your head</li><li>2. Throw and catch below your knees</li><li>3. Throw at a wall and catch</li><li>4. Throw, sit down and catch</li></ol> <p><b>Activity 2:</b></p> <ol style="list-style-type: none"><li>1. Throw, double dab then catch</li><li>2. Throw, floss then catch</li><li>3. Drop and catch behind your back</li><li>4. Throw, squat then catch</li></ol> <p><b>Activity 3:</b></p> <ol style="list-style-type: none"><li>1. Throw and catch behind your back</li><li>2. Create your own challenge/s and get a member of your family to do them. Can you take photos/video your skills?</li></ol> <p>See visual sheet to support your activities.</p> <p>If you want to let us know how you're doing with your PE skills you can email the school email address <b>FAO: Mrs Howard.</b></p>

	Have fun!
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