**P4 – 7: Physical Education Home Learning Week Beginning: 18 May**

**Focus Benchmarks:**

**Creativity**

**Balance & Coordination**

**Gross & Fine motor skills**

**Stamina**

**Learning Intentions:**

**BE ABLE TO** show creativity by making your own assault course either inside or outside which include using different skills, heights and body parts to get round

**BE ABLE TO** demonstrate different activities that work on balance, coordination and stamina to complete the task.

**Task 1:**

So your challenge is to ‘create your own assault course’ either indoors or outside that has different skills that you have to do to get from the start to the finish.

BE CREATIVE! Think about the different activities you could include.

Some ideas that you could do;

Hurdles

Stepping stones

Tunnel (under the table)

Add a fitness station – jumping jacks, burpees, lunges

Skipping

Side steps

Push ups

Can be absolutely anything – its your design, but the more challenging the better!

Also if you have got space you could do a chalk obstacle course for everyone to enjoy;

Example:

<https://youtu.be/v5LFfPhOR20>

Questions:

How many different activities did you include? What were they?

Can you draw or add a photo of your course?

How long did it take you to complete?

Who did you manage to get to complete your course?

**GOOD LUCK!**

**Post your pictures into assignments so we can see what your assault course looked like.**