

Name _____

Term: Spring 2020

Early Level: Physical Education Home Learning Challenges

Task 1: Problem Solving Can you help your parents match the socks that come out of the washing machine?	Task 2: Focus & Concentration Can you go for a walk or watch from the window and count how many red cars you see for 5 minutes?	Task 3: Decision Making Can you go to the park and decide which is the fastest way to slide down the chute?	Task 4: Creativity Can you make an obstacle course in the park or your garden?	Task 5: Kinesthetic Awareness Can you run with one sheet of newspaper on your tummy and keep it there with no hands?	Task 6: Balance & Control Can you balance on 1 leg for 5 seconds?
Task 7: Coordination & Fluency Can you throw an object up and catch it?	Task 8: Rhythm & Timing Can you jump 5 times, then clap 4 times at the same time as someone else?	Task 9: Motivation Try to improve your time balancing on one leg	Task 10: Confidence & Self Esteem Can you help your parents prepare your lunch?	Task 11: Determination & Resilience Can you complete a jigsaw puzzle without stopping or any help?	Task 12: Responsibility & Leadership Can you take your parents outside and play "Follow the leader"?
Task 13: Respect & Tolerance Can you let your parent take the lead during "Follow the leader"?	Task 14: Communication Can you explain to your parents what you love the most about playing physical games?	Task 15: Stamina Can you run on the spot for 1 minute without stopping?	Task 16: Speed Can you run on the spot as slow as you can for the count to 5, then run as fast as you can for the count to 5?	Task 17: Core Stability & Strength Can you hold a press-up position for 10 seconds?	Task 18: Flexibility Can you touch your toes whilst sitting down with straight legs? Can you touch your toes whilst standing up?