

Name _____

Term: April 2020

First Level: Physical Education Home Learning Challenges

TOPIC:

Task 1: Problem Solving Can you pack your school bag by yourself and then have your parents check it?	Task 2: Focus & Concentration Can you recall the alphabet out loud whilst music is playing in the background?	Task 3: Decision Making Can you decide between which 2 games you can play with your parents?	Task 4: Creativity Can you build a secret den using blankets and things that around your house or garden?	Task 5: Kinesthetic Awareness Can you take 3 pictures of yourself, showing the tallest shape you can, the smallest shape you can and the widest shape you can?	Task 6: Balance & Control Can you balance on one foot on a mattress on the bad for 5 seconds?
Task 7: Coordination & Fluency Can you perform hopscotch, landing on 1 foot – 2 feet, 1 foot, 2 feet – 1 foot - 2 feet?	Task 8: Rhythm & Timing Can you jump, jump clap – jump, jump clap at the same time as the music form Queen – We will rock you. Can you now try it with no music?	Task 9: Motivation Can you walk around the house / outside for 15 minutes everyday for a whole month?	Task 10: Confidence & Self Esteem Can you arrange to meet a friend to play?	Task 11: Determination & Resilience Can you convince your parents to go to play outside even in bad weather?	Task 12: Responsibility & Leadership Can you find a different route to walk to school on Google maps?
Task 13: Respect & Tolerance Can you do a favour for one of your neighbors?	Task 14: Communication Can you ask your parents about what they did when they were at school?	Task 15: Stamina Can you do 30 star jumps without stopping?	Task 16: Speed Can you run do 10 star jumps faster than an adult at home?	Task 17: Core Stability & Strength Can you hold the plank on 1 elbow and one foot (keep you legs and belly off the ground)?	Task 18: Flexibility Can you sit on the floor with your legs wide apart, how low can you get your chest to the floor?