

PE/ Physical Activity Home Learning

EFYS/Year 1 and Year 2

Disco Dice

Roll the dice and perform the action to represent the number shown.

- 1 = jog on the spot
- 2 = jumping jacks/star jumps
- 3 = side to side jumps/speed bounce
- 4 = bend down and stretch up
- 5 = spotty dogs (feet forwards and backwards)
- 6 = clap under the knee

Catch me if you can?

- Throw and catch a ball with hands 'nest to chest'
- Throw a ball and clap before catching it
- Throw a ball and clap twice before catching it
- Have a go at bounce and catch
- Have a go at bounce, clap and catch.

How many of the above tasks can you do without making a mistake (maximum points = 5)

Beating Personal Bests

Standing opposite an adult, partner or use an outside wall, throw and catch a ball

Count your catches and see if the next time you have a go, you can beat your first attempt

Obstacle Course

- Set out a course using a range of equipment
- Keep it simple to start with
- Once you have had one go, try it again
- Add in extra activities such as skipping or jumping

Body Alphabet

- Try and make these letters using as much of your body as possible and as creatively as you can: C O T X A
- Harder challenges may need an extra person to help! M W P L S

Don't forget to email your action shots to pe@vfs.endeavourschools.org