

PE Home Learning Grid Early Level

Stage:	Early			
Physical Education				
<p>Yoga Complete a Cosmic Kids Yoga video. Can you make the shapes with your body? Squeeze your muscles to stay still, listen carefully to the story.</p> <p>Search Cosmic Kids on Youtube or click a link below</p> <p>The Very Hungry Caterpillar Trolls We're Going on a Bear Hunt</p>	<p>Throwing - Overarm Use some balled socks to practise throwing accurately. Can you throw them into a box? Try using a big box then a small box. Remember: The Hello Goodbye technique</p>	<p>Dance Play a game of music statues with other people in your house. Remember to freeze as soon as the music stops.</p>	<p>Catching Use some balled socks to practise your catching. Can you throw them up in to the air and then catch them with two hands.</p>	
<p>Rolling Use some balled up socks to practise your rolling. Use some items from your recycling bin. Set them up like skittles. Try to knock them over by rolling your balled socks at them.</p>	<p>Dance Dance along with Maximo on GoNoodle. Try to copy his dance moves. What do you like better, the Chicken Dance or the Maxarena? Search GoNoodle on Youtube or click on a link below Chicken Dance Maxarena</p>	<p>Balancing Can you create and hold different balances? Stand tall with your hands in the air. Stand on one leg. Balance on your bottom Balance on your side. Can you hold the balance whilst you count to three?</p>	<p>Throwing – Underarm Use some balled up socks to practise your underarm throwing. Use some items from your recycling bin. Try to knock them over by throwing your balled socks at them.</p>	
<p>Balancing Can you walk while balancing a pair of socks on your....</p> <ul style="list-style-type: none"> - Head - Shoulder - Elbow - Hand - Knee - Foot 	<p>Running If you have a garden, could you teach some your family one of our tig games?</p> <ul style="list-style-type: none"> -Banana Tig -Toliet Tig - Dance Tig 	<p>Basic Moves In a big space, can you practise our different ways to travel?</p> <ul style="list-style-type: none"> -Running -Skipping -Gallop -Hopping -Jumping 	<p>Stamina Can you cycle, scoot or run without stopping for 5 minutes? Get an adult to time you. What feels different when you are finished? Is your heart beating faster or slower?</p>	
Grid From:			Grid To:	

PE Home Learning Grid Early Level