

# PE Home Learning Grid First Level

Stage:	First			Physical Education			
<p><b>Yoga</b> Complete a Cosmic Kids Yoga video. Can you make the shapes with your body? Search Cosmic Kids on Youtube or click on a link below.</p> <p><a href="#">Frozen Yoga</a> <a href="#">Star Wars Yoga</a> <a href="#">Pokemon Yoga</a></p>	<p><b>Throwing - Overarm</b> Use some balled socks to practise throwing accurately. Can you throw them into different sized boxes or at soft toy targets?  Can you create your own throwing game and play it with someone else?</p>	<p><b>Dance</b> Can you dance along to these famous songs with Kids Bop? Search Kids Bop Dance Along on Youtube or click a link below.</p> <p><a href="#">Dance Monkey</a> <a href="#">Just Got Paid</a> <a href="#">Old Town Road</a></p>	<p><b>Catching</b> Use some balled socks to practise your catching. Can you throw them up in to the air and then catch them with two hands. Can you throw them up, clap your hands and then catch them? Can you catch when someone else throws it to you? Can you create your own catching challenge?</p>				
<p><b>Rolling</b> Use some balled up socks to practise your rolling. Use some items from your recycling bin. Try to knock them over by rolling your balled socks at them. Can you make this in to a game and play someone in your family?</p>	<p><b>Fitness</b> <a href="#">Joe Wicks</a> is hosting a LIVE PE Lesson every morning at 9pm on his YouTube Channel.  Can you keep up with him? Make sure you have some water ready!</p>	<p><b>Balancing</b> Balances can be made on different body parts. Can you create and hold different balances? Can you squeeze your muscles and stay still like a statue? Can you hold the balance whilst you count to 5?</p>	<p><b>Throwing – Underarm</b> 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. Can you make this in to a game and play someone in your family?</p>				
<p><b>Challenge Yourself</b> Can you create your own PE challenge? Think about something that you find tricky in PE. Can you come up with a way to practise it at home?</p>	<p><b>Running</b> If you have a garden, could you teach some your family one of our PE games? -Banana Tig -Toliet Tig -Dance Tig -Red Light, Green Light</p>	<p><b>Fitness</b> Can you create your own 5 minute fitness challenge?  Things to think about are: What exercises will you do? How many will you do? Can someone in your house help you?</p>	<p><b>Stamina</b> Can you cycle, scoot or run without stopping for 10 minutes? Get an adult to time you. What feels different when you are finished? Is your heart beating faster or slower? Why do you think it beating differently?</p>				
Grid From:				Grid To:			

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