

**Year 1/2
Home Learning
Physical Education**

Gymnastics

Move in and out of spaces around a room. Take weight on large body parts e.g. back, side, front and bottom.

Can you make large spread out balances on these parts of the body?

Safely use beds, sofa and any other low, flat furniture including carpets. Explore the furniture over, under, through, on, off and around.

Can you make some of the large spread out balances you used earlier both on the floor and on the furniture?



Fitness

Try,
-5 star jumps
-5 punches
-5 kicks

How many sets (repeats) can you do?



Skill

Can you hop once on the spot for each letter of the alphabet?

Can you do it quicker each time?

Can you change legs?

Can you turn whilst you hop?

Can you spell out words as you hop?

Games

Rolling task.
Find a ball, scrunched up tinfoil or a rolled-up sock.
Pick an object on the floor and try to roll the ball so it strikes the object.

How many throws did it take to strike the object?

Can you do it from farther away?

Can you find a smaller object to strike?

Stay at home challenge

As you may have already seen, people have been coming up with their own challenges to keep themselves fit and active.

-Playing keepie uppies with a toilet roll.
-Lifting books as weights.
-Shooting socks into the laundry basket.

Can you come up with your own challenge? You could record it on camera, drawings or write notes!