

Year 3/4
Home Learning
Physical Education

Gymnastics

Move in and out of spaces and jump and land – repeat using a turning jump. Repeat task following a curved pathway then a circle pathway.

Move taking weight on different parts of the body – knees, back, front, hands and feet – keep changing the movement. Transfer some of the ideas on to furniture.

When jumping off furniture how can the landing be controlled so your hands do not touch the floor on landing?

How do you keep the movement smooth and flowing as the weight is transferred from one body part to another?



Skill

Bouncing.
Using a ball bounce it using one hand as many times as you can without stopping.

Create a circle, try and stay in it.

How many can you do with your right hand, left hand or both?

If you can't find a ball that bounces try throwing and catching a ball instead!



Games

Using a ball, scrunched up paper or fold socks. Then shoot the ball into a cylinder. Take a small step back and shoot again.

Keep repeating until you are unable to score.

How far did you get?

Can you beat your record?

Could you use a smaller cylinder?



Fitness

Try,
-10 push ups
-10 sit ups
-10 star jumps

How many sets (repeats) can you do?



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!