**Home Learning**

**Physical Education**

Below I have put 3 links to 3 different activities. For each activity, I have given you some examples to help you as suggestions for each activity.

Have fun and I can’t wait to see what you got up to for PE.

**Activity 1:** Obstacle Course

Video: <https://www.youtube.com/watch?v=QiYpwcEM6r4>

Suggestions:

* Teddies – Use these to create jumps.
* Football – See if you can do 5 keep ups.
* Ball – See if you can throw and catch it 5 times.
* Plastic Cups (with water) – See if you can weave through them without spilling the water.
* Branches – Create a tunnel to army crawl through.

**Activity 2:** Kitchen Curling

You will need to find a partner for this activity.

Video: <https://www.youtube.com/watch?v=7051Y5duZJA>

Suggestions:

* Socks – You could use these to throw at the targets.
* Shoes – These could be your medium targets.
* Books – These could be your large target.
* Coins (50p or £2 – These could be your small targets.

**Challenge:**

To progress this activity, try and throw a pair of socks underarm onto a plate and take a step back each time you land on the plate.