

Week 4 PE

Everyday this week, depending on the weather you could take your bicycle or scooter for a ride. Remember your helmet with your bike and stay close to your adult

We would love to see some photos of your PE activities, please e-mail them to us!

You can also choose from these online activities

Joe Wicks PE

https://uk.video.search.yahoo.com/yhs/search?fr=yhs-adk-adk_sbyhp&hsimp=yhs-adk_sbyhp&hspart=adk&p=youtube+joe+wicks+live+pe+workout+for+kids#id=4&vid=6c71b9945d822746bf901

Cosmic Kids yoga

<https://www.cosmickids.com>

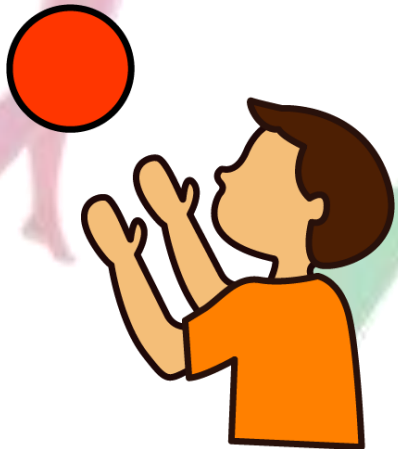


Monday

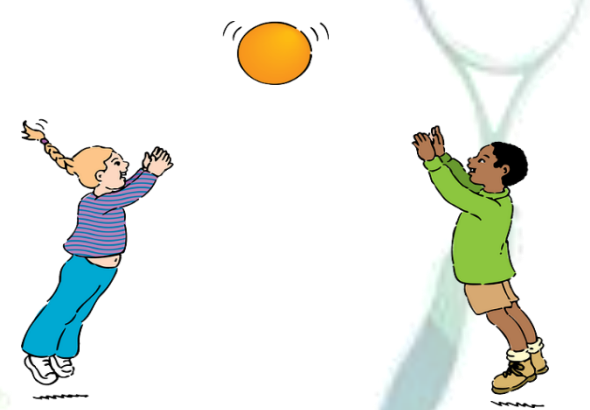
This week we are going to try out some different ball activities. We will be learning how to throw and catch a ball, bounce a ball constantly and how to take your ball on a bouncy walk!

You can do these activities with any size ball and its good if you have different sizes to work with.

For today, choose the ball you wish to use. Throw the ball in the air but not too high, aim for it to be just above your head. Now your hands need to be ready to catch your ball so put them together at chest height in front of you. Keep your eyes on the ball and not your on your hands. Remember you can move about so that you are in the correct place to catch the ball! Keep practising with different sized balls



Tuesday



Today you will be throwing and catching to another person. Ask a member of your family to play 'catch' with you. Begin with the 2 of you quite close together and again chose the size of the ball with which you wish to play . Remember as soon as the ball has left the other person's hands you need to watch the ball and get your hands together ready to catch.

When you can do this confidently you could play a game!

Begin with both of you close together. One throws the ball to the other person to catch. If they catch it then you both take a SMALL step backwards, if you fail to catch it then take a step closer together again!

Good Luck!

How many sports can you think of where the players need to catch a ball?

Wednesday



Today you will need any size ball as long as it bounces!



Practise bouncing your ball on the ground and then catching it. Look at the height it bounces to, this is the height that you will need to put your hands so that you can catch it. When you can do this try walking and bouncing your ball at the same time. You could try walking in a wiggly line too!



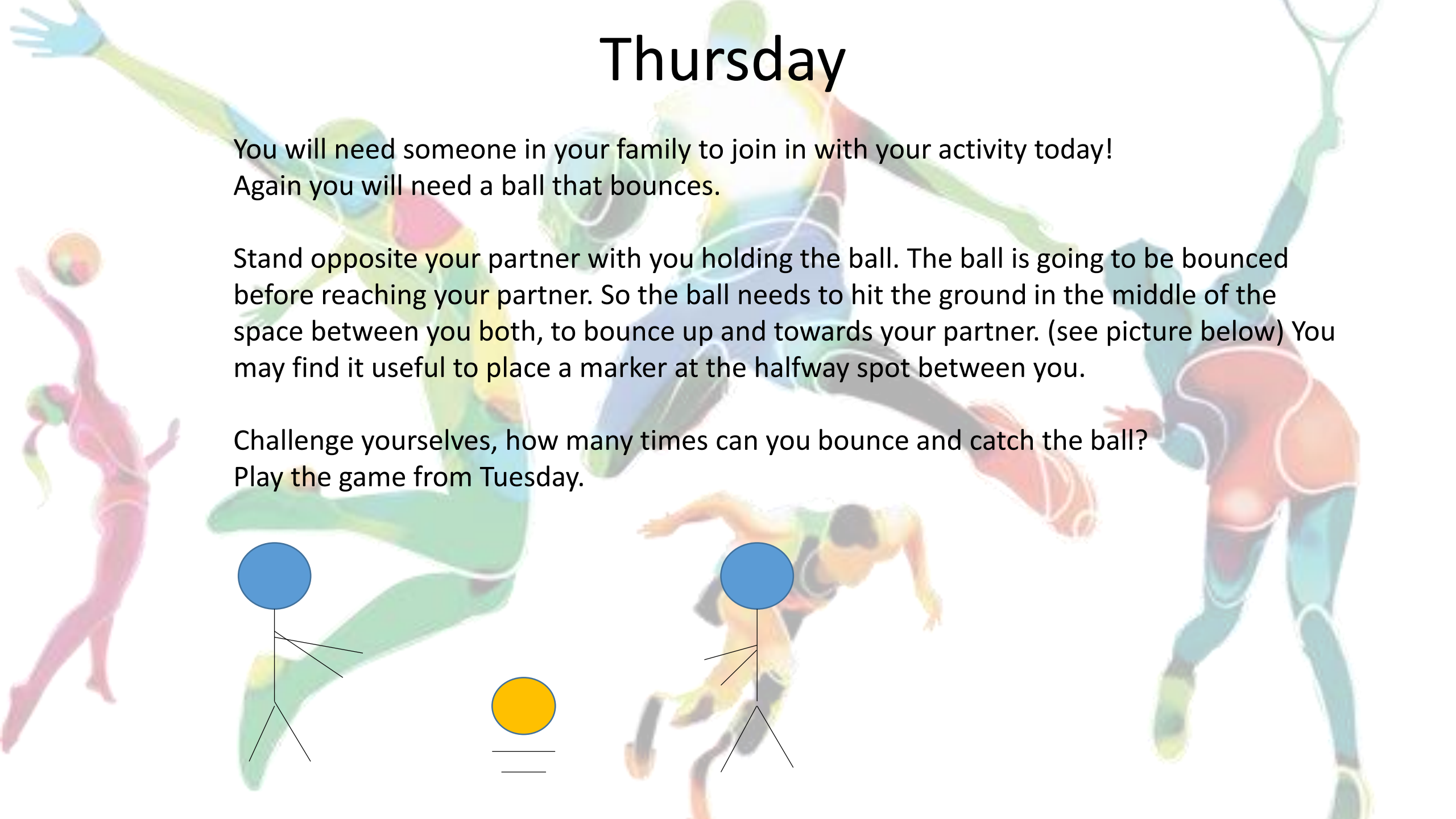
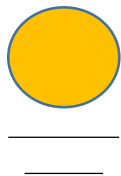
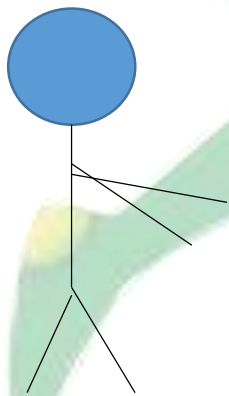
How many times can you bounce and catch?
Challenge someone else in your family to bounce and catch too.
Can you think of any sports where you are allowed to bounce a ball? (the pictures will give you some clues!)

Thursday

You will need someone in your family to join in with your activity today!
Again you will need a ball that bounces.

Stand opposite your partner with you holding the ball. The ball is going to be bounced before reaching your partner. So the ball needs to hit the ground in the middle of the space between you both, to bounce up and towards your partner. (see picture below) You may find it useful to place a marker at the halfway spot between you.

Challenge yourselves, how many times can you bounce and catch the ball?
Play the game from Tuesday.



Friday



Today is all about practising tapping the ball to the ground, letting it bounce up and then tapping it down again- constant bouncing, basketball players need to practise this every time they train! Use the flat part of your hand to tap the ball down.

This type of bouncing will work best on hard ground such as patios or driveways unless your ball is very bouncy!

How many times can you do this?

Now you can have some more fun making up some games and challenges that you have learnt through the week!

