### Greenhills Primary School
##### First Level PE Home Learning Tasks

| How many of these can you complete in 100 seconds? | How many balances can you create with;  
Four body parts touching the ground  
Three body parts touching the ground  
Two body parts touching the ground  
One body parts touching the ground  
Work with somebody in your house to create a counter balance, with the same number of total body parts touching the ground. | Throw the ball with one hand and catch with two hands.  
Throw the ball with one hand and catch with the same hand.  
Throw the ball with one hand and catch with the opposite hand.  
Try throwing the ball higher before you catch.  
Underarm throw to someone else in your house, catch with two hands.  
Underarm throw to someone else in your house, catch with one hand.  
Overarm throw to someone else in your house, catch with two hands.  
Overarm throw to someone else in your house, catch with one hand.  
Try making the distance between you longer or shorter. Does this have an effect on your success?  
Create a new team sport that could be played during PE lessons. Consider;  
The rules of the game.  
How points are allocated.  
How many people are in each team.  
How long the game will last.  
Create your own version of the dodgeball game. If the ball hits you, what happens? How do you get to join back in the game? Try not to eliminate people, we want everyone to be as active as possible and playing rather than sitting on a bench!  
Do you have a device to watch Youtube on? Develop your cardio vascular endurance by completing a home workout.  
Search for; ‘The Body Coach Kids Workout’. Follow Joe Wicks as he completes workouts that have been designed for Primary School aged pupils.  
Do you have a garden to play in? Create an obstacle course and ask an adult to time you as you complete it. Can you improve on your time?  
Create an activity journal for the week. Write down all the ways in which you have kept active each day. Aim to be active for 1 hour a day.  
Once a day complete a 10 minute Shake Up Game from the Change for Life Website.  
Mindfulness is an important part of your health and wellbeing. As a family, consider the advice of the NHS in order to maintain a positive mind-set.  
Click here to access their website. |
|---|---|---|---|---|
| Step ups  
Push ups  
Hops  
Arm circles  
Toe lifts  
High Knees  
Heel flicks  
Lunges  
Squats  
Sit ups  
Toe touches |  |  |  |
| Can you beat your scores each day? |  |  |  |

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