



Home Learning Activities for PE
Pathfinders, Adventurers & Navigators
Week commencing 25.1.21



Hello everyone

I hope you have enjoyed the last few weeks home learning in PE. I know lots of you are keeping active and taking part in the activities at home as well as exercising with your families. Well done and keep it up!

This week everyone in Pathfinders, Adventurers and Navigators are all going to take part in the first two personal challenges from the Norfolk Virtual School Games. You may remember last term we all took part in the cross country and tri golf. This term the challenges can be done at home as well as in school and ask you to practise four different skills to try and gain a personal best score. That's working hard to improve and getting better which is just how we work in PE at school.

We will take part in the first two challenges this week.

*Challenge 1 – **Bean bag throw***

*Challenge 2 – **Catch & Clap***

The activities are demonstrated on the two sheets you will see with your PE home learning work. The challenge is described and the equipment you will need and how to set up and take part are all covered. I have also included a Pupil Results sheet where you can record your scores across the week. Please keep hold of this sheet for when we complete the final two challenges week commencing 1st February. At the end of the two weeks this sheet can be returned to me at school via Google Classroom, Class Dojo or emailed to the school office. I will then send all the results, including those we have completed at school, into the Norfolk Virtual School Games.

I would love to be the school that sends in the most results sheets. That would be amazing so see if you can practise hard this week and try your very best. I will be able to send out certificates to those of you that take part.

Mrs Goldsmith's Top Tips –

- Always make sure you have enough room to take part in the activities. Ask an adult to help you to find a safe place to work.
- Remember all our lessons would start with a warm up activity to get our bodies ready to work. Can you think of your own warm up this week?

If you'd like to get in touch with me to let me know how you have been getting on or to ask me any questions you might have, please ask an adult to send an email to the office or get in touch via your class teacher who will pass any messages onto me.

I'm enjoying looking into some exciting new PE projects at school so I am keeping busy and look forward to telling you all about them when we are all back together at school.

Have a great active week everyone & keep safe.

Mrs Goldsmith

