



Keep on the Move PE Home Learning



Can you keep trying even if you feel tired?

Time to Learn:

- Place three pairs of socks, three cushions and three toys in different places on the floor around your living space.
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump ten times. When a player reaches a cushion they hop ten times. When a player reaches a toy they jog on the spot and count up to ten.
- Can you work for five minutes before needing a rest?



How long can you keep going for before resting?
Can you reach five minutes?



Challenge yourself to move at different levels between the socks, cushions and toys.



Create new exercises. Show and share your ideas with another family member.

Top Tips

Breathing

- Make sure that you breathe in through your nose and out through your mouth when performing the activities.



Let's Reflect

Why did you move around the way you did?
Which way was the most challenging way of moving and why?