Home Learning Task - Week Beginning: Monday 23rd March 2020

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|  | Health and Fitness | Hand/Eye Coordination | Fundamental Movement Skills |
| **Monday** | **Challenge Card 2 (found in the resources section)**  **Complete 5 times throughout the week.**  **Play ‘Active Monopoly’ once.** | **Reactions**  **Hold a ball out in front of you at about shoulder height.**  **Drop the ball, spin around and try to catch the ball before the second bounce.**  **Challenge**  **Can you do two balls at the same time?** | **Manipulative: Bouncing**  **Start by bouncing a ball with one hand. See if you can bounce it:**  **5 times**  **10 times**  **20 times**  **30 times**  **Now try to bounce the ball with the other hand.**  **Challenge**  **Can you bounce the ball from one hand to the other?** |
| **Tuesday** |
| **Wednesday** |
| **Thursday** |
| **Friday** |