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** |