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 1 (found in the resources section)**  **Complete 5 times throughout the week.** | **Catching**  **Throwing a catching a ball by yourself.**  **Try to throw and catch a ball as many times as you can in 1 minute. Now try and beat that score.**  **Challenge**  **Try to clap whilst the ball is in the air. See how many claps you can do without dropping the ball.** | **Balancing**  **Start by balancing on one leg. See if you can balance for:**  **5 seconds**  **10 seconds**  **20 seconds**  **30 seconds**  **Now try to balance on the other leg for the same times.**  **Challenge**  **Can you balance whilst throwing and catching a ball to yourself?** |
| **Tuesday** |
| **Wednesday** |
| **Thursday** |
| **Friday** |