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** |