

Home Learning Task - Week Beginning: Monday 13th April 2020

	Health and Fitness	Hand/Eye Coordination	Fundamental Movement Skills
Monday	<p>Challenge Card 4 (found in the resources section)</p> <p>Complete 5 times throughout the week.</p>	<p><u>Jigsaw Puzzle</u></p> <p>Jigsaw puzzles can sharpen visual perception and fine motor skills.</p> <p>I know this one sounds a bit strange but jigsaw puzzles are really good for developing your fine motor skills.</p> <p>Pick your favourite puzzle and away you go.</p>	<p><u>Locomotor: Jumping</u></p> <p>Speed Bounce.</p> <p>https://www.youtube.com/watch?v=yhfsEgE9asI</p> <p>Put down a starting mark and make sure your toes are behind that mark. Taking off from two feet, jump forward as far as you can and land on two feet.</p> <p>See if you can beat your distance.</p> <p>Can you change your technique slig</p>
Tuesday			
Wednesday			
Thursday			
Friday			