

Home Learning Task - Week Beginning: Monday 20th April 2020

	Health and Fitness	Hand/Eye Coordination	Fundamental Movement Skill.
Monday	Challenge Card 5 (found in the resources section) Complete 5 times throughout the week.	<p style="text-align: center;"><u>Quick Pick Up</u></p> <p>Get lots of your socks and place them on the floor in a small area. Place a pot or box in the middle.</p> <p>How fast can you pick them up and put them in the pot/box. Remember, you can only pick up one sock at a time.</p> <p style="text-align: center;"><u>Challenge</u></p> <p>See how fast your family can do it!!</p>	<p style="text-align: center;"><u>Throwing</u></p> <p>Aim for a target. <i>Challenge - can you set up multiple targets and keep a score?</i></p> <p style="text-align: center;"><u>Challenge</u></p> <p>Set yourself a time limit to hit a certain number of targets. For example, 5 targets in 1 minute.</p>
Tuesday			
Wednesday			
Thursday			
Friday			