

Golf target challenge

Use a cup/pan on its side for the hole. Use a golf ball/tennis ball/scrunched up paper and shoot it into the cup/pan using hands/feet/dust pan brush/broom.

You decide as a family the distance you shoot from- make it a little challenging!

Spell your name PE

Spell your name using this activity chart:

Spell your name PE!

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups

Class 3 Home Learning

Week Beginning 29.06.2020

Sports Week

Sports Day is one of the great events in the school calendar and we couldn't let a little thing like a global pandemic stop us celebrating together. However, we do have to be safe and responsible, so this year we are going online!

The aim of this Sports Week is to have FUN!

We would encourage you to get family members to join in the activities. I have planned the activities so they need minimal resources.

Don't forget to record your score on this [score sheet](#) and send to me either via email or Purple Mash.

Balance

How long can you hold a balance for?

Can you make up a challenging or creative balance?

Water Safety

Design a poster to promote water safety, your poster could be about general water safety or specific to a certain type of water, such as swimming pools or the beach. Decide whether your poster should be aimed at younger children, older children or adults. [Poster template](#)

Run, Run, Run

Choose 2 objects to act as markers; you can place them as close or as far apart as you like. Measure the distance.



Give yourself 2 minutes count how many times you can run between the markers.

Not quite an egg and spoon race!

Ask an adult what you could use. It could be an egg, a potato or anything else round.

How many laps of your living room or garden can you do in 1 minute?

How many?

How many times can you bounce a ball off a tennis racket before it falls off?

You could use a frying pan and ball of socks.

