## <u>Year 3 - Home learning challenge - Easter Week I</u>



Fun things to do this week...

## Watch a film with the family.

- ✓ Close the curtains
- ✓ Get out the snacks
- ✓ Snuggle up on the sofa
- ✓ Cover yourself with a blanket
- ✓ Enjoy



"Be silly, be honest, be kind."

> Ralph Waldo Emerson



Try the Physical Activity Bingo - get your whole family to join in...

You can also try the twitter challenges on

https://twitter.com/Complete\_PE





Physical Activity **Bing**()

Physical Activity for the Whole Family #StayHomeStayActive









Jump up and space 40 times

Play musical

Ride a bike, scooter

part of your body for 60 seconds

Jump or Move over a wollig 40 times

Play hide and seek

How to play:

Hop, jump or stand on the spot for 60 seconds

Balance in position

around vour waist or head 25 times

object on vour head

balloon in the air for 60 seconds

Perform 50 star jumps Once you complete a physical activity tick it off.

Can you complete the activities in the blue squares in less than 60 seconds?

If you are finding some of the activities hard, change them or have a rest and then continue.

When performing the activities make sure that you are honest.

Complete 20 shuttles

Skip or Move for 2

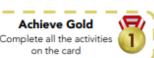
Roll a ball across a table 10 times

Perform 40 of the same type of jumps

Create and complete an obstacle course

Throw or roll an object into a target 10 times in a row

Achieve Gold



Dribble a ball in and out of objects

Perform 40 squat iumps / sit forwards

a ball against a wall or with a

Move and laps of your house or

Perform 40 jumps

Perform a

gymnastics

routine

Play a new game with a sibling, parent or carer

Invent and play a new

on the card Achieve Silver

Complete a horizontal or vertical line of activities



Perform 30

Perform dance movements

Perform a short fitness workout

Perform 30 sit ups or lean forwards game

Achieve Bronze

Complete one activity from each line



## WE'RE IN THIS TOGETHER. STAY HOME. STAY SAFE. SAVE LIVES.