**PE Tasks (P1-3) – Week 1**

**Learn a new Skill:**

Find something new to learn to throw and catch with. This could be something big like a beachball, or something small like a Satsuma! There is bound to be something in your home that you have never tried to throw and catch before! Can you use 1 hand, 2 hands, your weak hand and your strong hand?

**Indoor Physical Challenge:**

Spend 10 minutes each day completing a mini circuit of the following activities. You should do activity 1 for 1 minute then activity 2 for minute up to activity 5 then repeat.

1. Star Jumps
2. High Knees
3. Touch your toes
4. Squats
5. Heel flicks

**Outdoor Physical Challenge:**

Try to go for 20 minute walk every day. On the way try to spot as many things starting with a certain letter. Challenge your friends to see who can create the longest list of words!

**Written Task**

Choose a sports person that you might have heard of to research. Get a family member to help you look them up on the internet and find out information about them like their age, goals they have achieved and key information about their life. Now create a poster with any information you can write or draw on.