**PE Tasks (P1-3) – Week 2**

**Learn a new Skill:**

Aiming. Find different objects in your house that could be used as targets. Good things to use could be the bowl in the kitchen sink, or empty a box that has toys in or even make a target using an old cardboard box or cereal box. Get a pair of socks and roll them up so now you have a ball. Now place your target 1m away from a chair or sofa and try to throw your socks in. When you get to 5 you need to make it harder by moving your target somewhere further away. Can you use your weak hand to aim as well?

**Indoor Physical Challenge:**

Complete the Playing Card Fitness Game. If you are playing by yourself then pic 10 cards at random and complete the exercises. If you are playing with a family member then take it in turns to pick a card from a pile of cards and complete the exercise. If you don’t have playing cards you could make some.

**Outdoor Physical Challenge:**

Go on a scavenger hunt around your local streets and collect things that are the colours of the rainbow (eg a yellow leaf or a green bit of a grass). Bring them home and try to use them to make a rainbow collage.

**Written Task**

The Tokyo 2020 Olympics were meant to be held this summer but have been moved to next year. Write a list of as many different sports as possible and then write if you think they are in the Olympics or not. If you have an adult to help you can research some new sports that you haven’t heard of before.