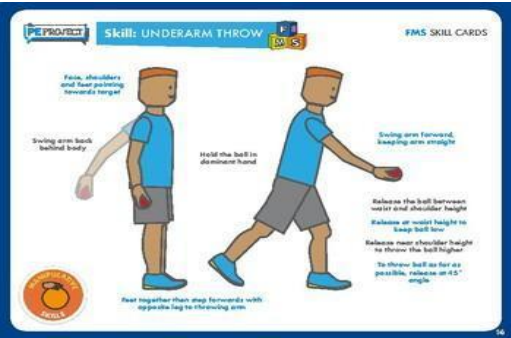




PE Remote Learning Challenge - Early Level 1st February 2021

Learning Goal (What learning do you want the children to focus on?)	Learning Task (What does the learner need to do to complete the activity?)	Learning Prompts (Add questions and prompts that will help guide the learners with the activity)	Equipment Required:
<p>Learning how to throw with accuracy</p> <p>'Accuracy' - hitting the target</p>	<p>Find a space in your house or garden.</p> <p>Place 'targets' around the area</p> <p>Take 3 steps back from each target.</p> <p>Using the 'how to throw instructions', see if you can hit the targets.</p> <p>CHALLENGE:</p> <p>(1) over the week, practice throwing the sock ball at each target 10 times, giving yourself one point for each time you hit the target.</p> <p>(2) increase the distance between you and the targets by taking an extra step back each day</p>	<p>Think about how you are throwing - use the picture to help you.</p> <p>Is your head facing forward and eyes on the target?</p> <p>Opposite foot stepping forward to hand with the sock ball?</p> 	<p>Rolled up pair of socks</p> <p>Items which can be used as targets (laundry basket, newspaper, pillow, cushion)</p> <p>Chalk draw shapes on the ground to use as targets if you are outside</p>