



PE Weekly Challenge - Early Level

Week Beginning: 24th 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/ Space Requirements:
<p>Working on improving our fitness</p> <ul style="list-style-type: none"> *stamina *flexibility *muscle strength *muscle endurance *balance and coordination 	<p style="text-align: center;">Dice Fitness</p> <p>Roll the dice (or pick a card or piece of paper) and complete the exercise below.</p> <p>1: Stand up, Sit Down x 10 times</p> <p>2: Running on the spot for 20 seconds</p> <p>3: Standing Knee Lifts x 10 times</p> <p>4: Jumping Jacks - how many can you do in 20 seconds</p> <p>5: Hopping on one Leg for 10 seconds, hop on the other leg for 10 seconds</p> <p>6: Shuttle Runs (approx 10m apart) for 30 seconds</p> <p style="text-align: center;">Roll the Dice a total of 6 times.</p>	<p>The pictures below will help you perform the exercise.</p> <p>Take your time with each exercise so you are performing it correctly or you may hurt yourself by pulling a muscle etc</p>	<p>Indoors or Outdoors</p> <p>Dice or playcards (ace=1) or pieces of paper with numbers 1-6 written on them</p> <p>Water bottle to keep hydrated</p> <p>rolled up socks act as markers 10m apart for the shuttle runs</p>



Stand Up, Sit Down



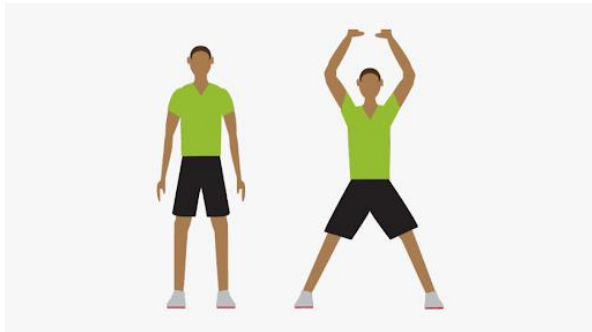
Jogging on the Spot



Standing Knee Lifts



Jumping Jacks



Hopping on one Leg



Shuttle Runs

