

## PE @Home Task Card

### Week 3 - Year 1 & 2 Multi-Skills

#### Overarm Throw

<p>Task 1 - Overarm throw into a target.</p>	<p>Practice overarm throwing with your strong hand into or onto a target.</p> <p>The object must be small and round. The aim is to make a successful on target, overarm throw. Your target must be at least 2 metres away to start off with.</p> <p>Keep continuously practising your throw into/onto a target until your object successfully reaches it. Make sure you are following the guided teaching points.</p> <p>Now move your target further away, trying to practice throwing your weaker hand.</p>	<p>Teaching Points –</p> <ul style="list-style-type: none"> <li>• Stand Sideways</li> <li>• Opposite arm, opposite leg forwards.</li> <li>• Non- throwing arm to use for balance and aiming.</li> <li>• Follow through with arm after releasing object.</li> </ul> <p>Equipment-</p> <p><b>Throwing Objects</b> E.g. Tennis balls, Soft ball, Apple or Orange.</p> <p><b>Target Objects</b> Bucket, Laundry basket, Large/small bowls, or a Cushion</p> <p>Adults at home – Please re-emphasise the teaching points shown in the video. Please ensure the space is safe and appropriate.</p>
<p>Task 2 - Overarm throw and catch.</p>	<p>Now you must try and overarm throw and catch with somebody in your household or against a wall.</p> <p>The aim is to make a successful on target, overarm throw. You need to make sure you and your partner are standing 3 metres apart.</p> <p>From there you both must try throw and catch it (using the catching teaching points from last week). If you are using a wall, you must try and successfully catch it yourself.</p> <p>Then try to throw and catch but further away from your partner/ wall. You can also try to throw with your weaker hand.</p>	
<p>Video Link - <a href="https://youtu.be/v07JE2En6ZY">https://youtu.be/v07JE2En6ZY</a></p>		

#### CHALLENGE CARD

How many throws into a target can you do in **one minute**?  
You will need somebody to time you and count your throws.

**Gold- 12 throws**

**Silver- 9 throws**

**Bronze- 6 throws**



# PE @ Home Task Card

## Week 3 - Year 1 & 2 Games

Kicking & Bouncing		
Task 1 – Kicking to a target.	<p>For this activity you shall need a ball of around football size, but any will do. We will be working on the technique of kicking. Use the teaching points to help improve your kicking technique.</p> <p>Set up a target around 1-2m away and practice kicking towards it. Move your target away if you are finding it too easy!</p>	<p>Teaching Points –</p> <ul style="list-style-type: none"> <li>• Non-kicking foot to the side of the ball (planting foot)</li> <li>• Use inside of the foot to start, moving onto the laces and the outside if you can (All shown in the video)</li> </ul> <p>Equipment -</p> <ul style="list-style-type: none"> <li>• A ball</li> <li>• Target to aim at</li> <li>• Safe space</li> </ul>
Task 2 – Bouncing with control.	<p>For this activity you will need a ball that bounces, as the aim is to work on bouncing the ball with control.</p>	<p>Teaching Points –</p> <ul style="list-style-type: none"> <li>• Keep your fingers spread (just the fingers on the ball)</li> <li>• Keep your elbow in</li> <li>• Focus on pushing rather than hitting the ball.</li> </ul> <p>Equipment -</p> <ul style="list-style-type: none"> <li>• A Ball (that bounces)</li> <li>• Safe space</li> </ul>
Video Link - <a href="https://youtu.be/VgENWB8DWuw">https://youtu.be/VgENWB8DWuw</a>		Adults at home – Please re-emphasise the teaching points shown in the video. Please ensure the space is safe and appropriate.

### CHALLENGE CARD

#### Slalom Bounce 'n' Kick

We are going to move around an obstacle course (which you will need to create) with a ball. Your 1<sup>st</sup> lap around the obstacle course you will use the skill learned for kicking to do little touches, leading you to dribble around the course. Then when back you need to dribble ball by bouncing with your hand remembering the points shown in the task cards. How many can you do in 5 minutes?

Gold – 5 full laps

Silver – 3 full laps

Bronze – 2 full laps

**BEAT THE TEACHER! – 6 full Laps**

