

PE @ Home Task Card

Week 3 - Year 3 & 4 Dance

Work This Body		
Task 1 – Create interesting positions with your body.	<p>Create four of your own positions, showing a range of different levels (high, medium, low)</p> <p>Hold each pose for 8 counts.</p>	<p>Teaching Points -</p> <ul style="list-style-type: none"> • Positions showing a range of different of levels. • Listen to the beats in the music. • Sharp movements with strong stretched arms <p>Music - 'Work This Body' by Walk the Moon</p>
Task 2 – Learn dance sequences.	<p>Now it is time to learn the dance sequences. Use the video to help go through each section. Remember to keep practicing with the music.</p> <ul style="list-style-type: none"> - 4x step to side jump feet together – right/left/right/left. When you land clap hands together. - 4x step together with punch cross arms forward – right/left/right/left. - Step turn step together to the right, step turn step together to left. - Slide to right, slide to left with stretched arms. 	
Video Link - https://youtu.be/6ARuAuluCHM		Adults at home – Please re-emphasise the teaching points shown in the video. Ensure the space is safe and appropriate.

CHALLENGE CARD

Can you teach the routine to someone else in your house?



PE @Home Task Card

Week 3 - Year 3 & 4 Games

Co-Ordination & Balance		
Task 1 – Body Ball	We are aiming to look at keeping the ball close to our bodies and under control in different ways. Firstly, seeing how many points on your body you can balance the ball without holding, for example on your neck, hand, foot, head etc.	Equipment - <ul style="list-style-type: none"> Any size ball from a Tennis ball to a Football or even a Beachball!
Task 2 – Keep the ball up	For the second task we are going to work on keeping the ball up, with use of equipment (racket or a frying pan or a book or anything you can get your hands on). You can even do this without any equipment, how many times can you head the ball to keep it up in a row? How many times can you keep the ball up with your feet? Just aim to keep it off the floor! Even using a balloon to get going is a great idea!	Equipment - <ul style="list-style-type: none"> A smaller size ball Anything either hard-backed or racket/bat shaped to keep the ball up.
Video Link - https://youtu.be/m1iDH9DiXrI		Adults at home – Please re-emphasise the teaching points shown in the video. Ensure the space is safe and appropriate.

CHALLENGE CARD

Obstacle House – Time to get creative!! Within your house were very sure there are obstacles on the floor and around (if not create it). Using the skills learned in task 1 and 2, we would like you too move around your obstacle course (house) whilst being in control of your ball/object.

Gold – Consistent bouncing of the ball whilst moving around the obstacle course

Silver – Moving around keeping the ball on the racket/object with a few bounces

Bronze – Keeping the ball on the racket/object (with a few drops allowed)

BEAT THE TEACHER! – In control throughout with extra ‘flippy ones’ (see video for clarity on ‘flippy ones’).

