


PE @Home Task Card

Week 3 – Year 5 & 6 Gymnastics

Paired Balancing		
<p>Task 1 - To perform a matched balance with a partner. How many different balances can you do?</p>	<p>The aim is to explore different balances with a partner whilst focusing on the teaching points.</p> 	<p>All you will need is a safe flat surface to complete the task.</p> <p>Key teaching points</p> <ul style="list-style-type: none"> • Same arm and leg as partner • Hold for 3 seconds • Straight arms and legs
<p>Task 2 - To perform a mirrored balance with a partner. How many different balances can you do?</p>		<p>Key teaching points</p> <ul style="list-style-type: none"> • Opposite arm and leg as partner • Hold for 3 seconds • Straight arms and legs
<p>Video Link - https://youtu.be/xp-t8F0plug</p>		<p>Adults at home – Please re-emphasise the teaching points shown in the video. Ensure the space is safe and appropriate.</p>

CHALLENGE CARD

How many different matched and mirrored balances can you do with a partner in 20 seconds?

GOLD – 20 balances

SILVER – 15 balances

BRONZE – 10 balances



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Week 3 – Year 5 & 6 Games

Co-ordination, Balance & Decision Making		
Task 1 – Balloon Ball Control.	Using a balloon, your task is to keep the balloon off the floor!! Simple as that, however.... You cannot use the same body part more than twice in a row. Challenge yourself, make a score and then try and beat it by another 10 seconds and so on.	Equipment - <ul style="list-style-type: none"> Balloon
Task 2 – Noughts & Crosses.	<p>This activity requires a participant to play alongside, whether it be an adult, sibling, or a very intelligent pet at home!!</p> <p>The aim is to play Noughts & Crosses, but a slightly bigger and more active way of doing so! Using any equipment, you have, each person has 3 markers of the same colour/object, you sprint out putting one of your objects into an empty spot, at the same time your opponent shall be doing the same with there's.</p> <p>The first person to get the three objects in a row shall win, if nobody has created a line, you may then go and move one of the already placed objects into a new empty one. Make sure you tune into the video for a full demonstration!</p>	Equipment - <ul style="list-style-type: none"> Use as little as you can (mess on the minimum too) Imagination required (chalk to create lines outside), or anything else! Similar colour objects of any kind (3 each of the same colour)
Video Link - https://youtu.be/8LkCCvjuF7w		Adults at home – Please re-emphasise the teaching points shown in the video. Ensure the space is safe and appropriate.

CHALLENGE CARD

This is a tricky one so be prepared! It will take practice and it will take patience!! There is no rush. The aim is to make the ball roll around your arms (as if by magic), making it consistently go around! Please watch the video provided for some VERY helpful tips!

Gold – Make the ball go round in a full circle more than once without stopping!

Silver – Rolling it up one arm and down the other to complete a full circle!

Bronze – Rolling it up one arm to complete a half circle!

BEAT THE TEACHER! – Complete a full circle and add in a jump from hand to hand.

