

Home Learning Task - Week Beginning: Monday 6<sup>th</sup> April 2020

	Health and Fitness	Hand/Eye Coordination	Fundamental Movement Skills
Monday	<p><b>Challenge Card 3 (found in the resources section)</b></p> <p><b>Complete 5 times throughout the week.</b></p>	<p><b><u>Family Challenge</u></b></p> <p>The challenge is to work together and create your own game that you can play as a family and in which you can achieve a score. It could be anything from catching a rolled up pair of socks as many times as you can in a minute to something more complex - you decide.</p> <p>Once you have designed your game, email the idea over to <a href="mailto:stift@ramsgatehollytrinity.co">stift@ramsgatehollytrinity.co</a></p>	<p><b><u>Locomotor: Jumping</u></b></p> <p>Jumping for distance (hallway or garden)</p> <p>Put down a starting mark and make sure your toes are behind that mark. Taking off from two feet, jump forward as far as you can and land on two feet.</p> <p>See if you can beat your distance.</p> <p>Can you change your technique slightly to increase your</p>
Tuesday			
Wednesday			
Thursday			

**Friday**

**.uk and I will produce a video that challenges all the other families. We can then upload the challenge videos so we can all stay connected and active together.**

**distance?**