

Home Learning Task - Week Beginning: Monday 20th April 2020

	Health and Fitness	Hand/Eye Coordination	Fundamental Movement Skill.
Monday	<p>Challenge Card 5 (found in the resources section)</p> <p>Complete 5 times throughout the week.</p>	<p><u>Quick Pick Up</u></p> <p>Get lots of your socks and place them on the floor in a small area. Place a pot of box in the middle.</p> <p>How fast can you pick them up and put them in the pot/box. Remember, you can only pick up one sock at a time.</p> <p><u>Challenge</u></p> <p>See how fast your family ca do it!!</p>	<p><u>Throwing</u></p> <p>Aim for a target.</p> <p><i>Challenge - can you set up multiple targets and keep a score?</i></p> <p><u>Challenge</u></p> <p>Set yourself a time limit to hit a certain number of targets. For example, 5 targets in 1 minute.</p>
Tuesday			
Wednesday			
Thursday			
Friday			