



Portree Primary School

PE Home Learning Grid

March 2021

Each week this month, select at least one PE activity that you would like to have a go at, either on your own or with members of your family. There are extra tasks too if you feel like doing more. Try your best, send photos and recordings in to school if you like, and most importantly, have fun!

<u>Cross the River!</u>	<u>Balloon Ball</u>	<u>Move to the Beat</u>
<p>Click on the blue writing link to see the instructions for the game. Play Cross the River with some of your family. Can you work together as a team?</p>	<p>Click on the blue writing link to see the instructions for the game. Try Balloon Ball with a partner or in two larger teams. This activity requires good ball skills, hand eye coordination and patience!</p>	<p>Watch the teaching video clip on how to Move to the Beat. Then have a go yourself. You can also read the instructions here.</p>

Create your Own PE Game

Find different equipment at your house. e.g. balls, bean bags, rope, shinty stick, hockey stick etc.

Now think of a game that you can play with your family. Think up the rules and make sure your family know them before you start.

Have fun being in charge of the game!

Gross Motor Bingo

GROSS MOTOR

B	I	N	G	O
Skip	10 Second Plank	5 Karate Kicks	15 Toe Touches	5 Push Ups
5 Frog Jumps	10 Ski Jumps	10 High Knees	25 Jumping Jacks	10 Arm Circles
5 Tuck Jumps	10 Hops Left Foot	10 Giant Steps	10 Step Ups	20 Heel Raises
10 Wall Jumps	Walk on tip toes	Crab Walk	Run Fast 20 seconds	Your Choice!
10 Wall Jumps	Wheelbarrow Walk	10 Hops Right Foot	Walk on your heels	10 Star Jumps

get up, get moving
www.theinspiredtreehouse.com

Extras

Remember, [PE with Joe](#) is still on!! Get moving for 20 minutes at 9am every Monday, Wednesday & Friday.

Highland Highlife is continuing to offer some Lockdown Online Activities. See the [schedule](#) for what will be available for this month. To get the Meet joining codes, email Sarah at sarah.ross@highlandhighlife.com

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