



real PE at home (KS2)

Learning Focus: **Fundamental Movement Skills**



One Leg Balance



Footwork



- Try several times
- Challenge myself
- Know where I am in my learning
- Cope when things become difficult
- Persevere and improve

MONDAY

- One Leg Balance**
- Balloon Balance (PB Challenge)
- Footwork**
- Matching Pairs (PB Challenge)
- * Complete your PB Challenges Sheet

TUESDAY

- One Leg Balance**
- FUNS Challenges
- Footwork**
- FUNS Challenges
- * Shade in your FUNS wheel

WEDNESDAY

- One Leg Balance**
- Mirror Image game
- Footwork**
- Footwork Frenzy game

THURSDAY

- One Leg Balance**
- FUNS Challenges
- Footwork**
- FUNS Challenges

FRIDAY

- One Leg Balance**
- Mirror Challenge game
- Footwork**
- Follow the Leader game

week 1

ACTIVITY LOG

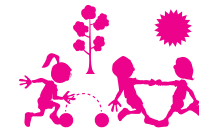
Tick below the activities you have done and for how long, e.g.



Bike ride/scoot



Walk/run



Playing in the garden/park

					Time
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>



One Leg Balance



Footwork



- Try several times
- Challenge myself
- Know where I am in my learning
- Cope when things become difficult
- Persevere and improve

MONDAY

- One Leg Balance**
- FUNS Challenges
- Footwork**
- FUNS Challenges

TUESDAY

- One Leg Balance**
- Counter balance game
- Footwork**
- Mirroring and Matching game

WEDNESDAY

- One Leg Balance**
- FUNS Challenges
- Footwork**
- FUNS Challenges

THURSDAY

- One Leg Balance**
- Pick Up, Put Down game
- Footwork**
- Mirror Challenge game

FRIDAY

- One Leg Balance**
- FUNS Challenges
 - Balloon Balance (PB Challenge)
- Footwork**
- FUNS Challenges
 - Matching Pairs (PB Challenge)

* Complete your PB Challenges Sheet and FUNS wheel

Week 2

ACTIVITY LOG

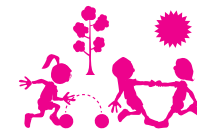
Tick below the activities you have done and for how long, e.g.



Bike ride/scoot



Walk/run



Playing in the garden/park

					Time
MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>