Year 3 and Year 4 Home Learning Tasks

Week Beginning: 13th July 2020



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| **Lockdown Sports Day!****Your task this week is to create your very own** **Sports Day at home!**  The Summer Term is the time when we all get together and have fun taking part in our school Sports Day. Unfortunately, we won’t get a chance to do this altogether this year. **But ……  why not bring Sports Day into your household?**  All you have to do is take part and have fun with your family. You could compete against your family- brothers, sisters, dad, mum, carers, grandparents or even the dog or cat! Take photos and videos and save them to your Hwb accounts or email them to your class teacher! If you’re lucky, you might see a video clip of your teacher completing an activity too!!There will be certificates for taking part and for the winners!**The main idea is to have FUN with your family.**If there is an activity that isn’t your strong point- use your growth mindset and try your best. You could also use this as a learning curve to practise a particular activity a little more. All of these activities listed below will help develop some form of PE skills e.g. strength, hand eye coordination, accuracy, speed, balance.**You can choose a selection of the activities to complete over the week or you could try to do all the challenges in 1 day.****Whichever activities you choose to do, you will get an automatic point, as it is the participation that counts. You’ll also get a chance to win a bonus point. Record your points on JiT or on a piece of paper if you would prefer and remember to upload a photo.**

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| **Sport/Activity** | **Get a point** | **Bonus Point** |
| How many hand ‘keepie uppies’ can you do? Scrunch up some paper or use a soft ball. Use your hand to keep the item up in the air.  | If you participate in this challenge | Highest amount of keepie uppies gets the point  |
| Rubbish bin Basketball- Who can shoot the scrunched up paper into the bin?You only get 5 attempts! | If you participate in this challenge | 1 bonus point if you get it in1 bonus point for most creative way to throw your shot |
| How many claps can you do when you throw the ball up in the air? | If you participate in this challenge | Highest amount of claps gets the point  |
| Hop, skip, Jump- How far can you jump? If you don’t have enough space just do a standing long jump. Stand in one place and see how far you can jump. | If you participate in this challenge | Highest distance gets the point  |
| Egg and Spoon- How many lengths of the garden/room can you do in a minute? If you drop it pick it up and carry on. Boil the egg- If an egg is too precious to use at this time choose something else. | If you participate in this challenge | Highest number of lengths gets a pointIf you succeed the whole minute without dropping it you also get a point  |
| Can you sprint for 30 secs on the spot? | If you participate in this challenge | Whoever sprints for the whole time without stopping you get a point |
| How many sit ups can you do in a minute? | If you participate in this challenge | Whoever gets the highest amount of sit ups gets a point. |
| Water race.Fill a bowl with water, fill a cup and race to the other bowl/sink. Run back. How many cups of water can you put in the bowl/sink in one minute.  | If you participate in this challenge | Whoever fills the most cups of water up gets the point. |
| Bin bag/ pillow case race- get a bin bag how long does it take you to get from one side of the garden/room and back. If there is enough space all race together at the same time.  | If you participate in this challenge | Quickest Time Wins the pointOr whoever wins in the race wins a point |
| Obstacle Course Make up your own obstacle course. E.g. Crawl under the table, slide along the floor, step across the chairs, walk across the sofa, go into your bedroom and jump on the bed once.  | If you participate in this challenge | Fastest to complete the course gets a point |
| How long can you hold a balance for? Can you make up a challenging or creative balance. | If you participate in this challenge | Person holding the balance for the longest gets a pointPerson who has the most challenging/creative balance |
| Can you spell your name using the activity table below. | If you participate in this challenge | If you complete it you get a point |

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