

Wednesday 6<sup>th</sup> May

Please complete work / drawings / art work / printed off images in the purple book provided.

Please write the date and the WALT before you begin the work.

- **Activity 1- Individual education plans and Speech and Language.**

Choose an individual education plan / speech and language target to practise.

Ways you can practise -

- In your purple book
- Target / speech and language resources provided.
- chalk outside on the ground
- paint
- ipad games
- J2E blast
- J2E whiteboard
- J2E write

(save J2E files by clicking on this icon  )

or any other way that you can think of! If possible, please provide pictures of more practical activities. 😊

- **Activity 2- PE.**

WALT- plan and evaluate a PE workout!

Using the two attached sheets of throwing and catching activities, create a fitness plan of **9** activities.

- **3 activities must be stretches** - think about stretching hands, arms, feet, legs, necks in preparation for throwing and catching.
- **3 activities must be** throwing techniques and catching skills.
- **3 activities of your choice**- star jumps, burpees, running on the spot, skips are some ideas- up to you 😊

Ask a family member to video you doing your fitness.

Watch the video back and think about the following ...

- Two things I did well.
- One thing I can improve on / need to recap.
- How could I make it better?
- What could I add? Music- What kind of music? Obstacles?
- More/less stretches? More / less of my own activity choices? Different types of throws? Concentrate on one type of throw? Etc
- How many times should it be repeated? More than once a day / once a week?