Keep on the Move
PE Home Learning

**Time to Learn:**

- Place three pairs of socks, three cushions and three toys in different places on the floor around your living space.
- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump ten times. When a player reaches a cushion they hop ten times. When a player reaches a toy they jog on the spot and count up to ten.
- Can you work for five minutes before needing a rest?

**Let's Reflect**

- Why did you move around the way you did?
- Which way was the most challenging way of moving and why?

**Top Tips**

- **Breathing**
  - Make sure that you breathe in through your nose and out through your mouth when performing the activities.

**Can you keep trying even if you feel tired?**

**Challenge yourself to move at different levels between the socks, cushions and toys.**

**Create new exercises. Show and share your ideas with another family member.”**

**How long can you keep going for before resting? Can you reach five minutes?”**

**Top Tips**

- **Breathing**
  - Make sure that you breathe in through your nose and out through your mouth when performing the activities.

**Complete P.E.**

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