Linlithgow Bridge Primary - PE at Home! Early level

* Choose 2 activities each day to complete. Have Fun as you keep fit!

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| **I like to Move It!**  In a big space, can you practice our different ways to travel?  running, skipping ,side stepping, hopping, jumping, monkey walking | **Throwing** – underarm  Use some balled up socks to practice throwing them into a box.  Try using a big box and then a small box.  Remember to point your hand at the box. | **Balancing**  Can you walk while balancing a pair of socks on your…. head, shoulder, elbow, hand, knee, foot? Which is the trickiest? |
| **Rolling**  Use some balled up socks to practice your rolling. Use some items from your recycling bin. Set them up like skittles. Try to knock them over by rolling you balled socks at them. | **Fitness**  Joe Wicks is hosting a LIVE PE lesson every morning at 9am on his YouTube Channel.  Can you keep up with him? Have some drinking water ready! | **Running**  If you have a garden, could you teach some of your family one of our PE games?  Toilet tig, Shape Tig, Traffic Lights |
| **Catching**  Use your balled up socks to practice catching. Can you throw them up and catch with two hands. Can you catch when someone else throws them to you? | **Yoga**  Thisa great way to children focus, be calm, keep flexible and have fun. Search for ‘Cosmic Kids’ on Youtube and find ‘The Very Hungry Caterpillar’, ‘Trolls’, ‘We’re Going on a Bear Hunt’ | **Dance**  Play a game of musical statues with other people in your house. Remember to freeze as soon as the music stops. |