

# Portree Primary School

## PE Home Learning Grid

### February 2021

**Each week this month, select at least one PE activity that you would like to have a go at, either on your own or with members of your family. There are extra tasks too if you feel like doing more. Try your best, send photos in to school if you like, and most importantly, have fun!**

#### Climbing

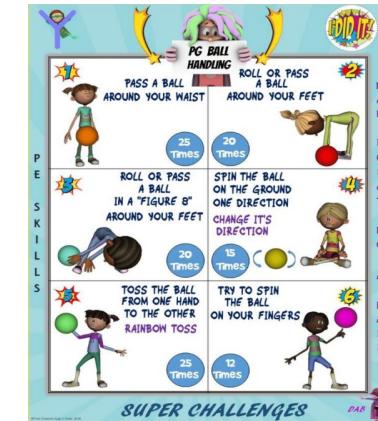
Watch this [Horizontal Climbing Challenge!](#) video with a grown up. Can you design your own climbing wall? Time yourself completing the course. Can you beat your own time, or someone else's?

#### Fitness

Try out these [Fitness Circuit Cards](#) inside or outside at home. Maybe you could design your own circuit cards with simple pictures and sentences explaining how to perform each exercise.

#### Ball Handling Skills

Have a go at these ball skills - practise daily and you will see an improvement!



## **Design your own Fitness Routine**

Design a fitness routine and try it out with your family.

Think of a warm up - 2 minutes

Think of a main activity- 5 minutes

Think of a cool down - 2 minutes

If you can add music that would be great!

## **Plainsy, Clapsy Ball Game**

Clapsy is a traditional game played with a small ball, a wall or just throwing it up in the air. It's a nice personal challenge that's good for hand-eye co-ordination.

**Plainsy** (throw the ball against the wall and catch it)

**Clapsy** (throw the ball against the wall and clap your hands before catching it)

**Twirl around** (throw ball against the wall and twirl hands before catching it)

**To back-sy** (throw ball against the wall and touch shoulders before catching it)

**Right hand** (throw and catch the ball with the right hand only)

**Left hand** (throw and catch the ball with the left hand only)

**High city** (throw it high on the wall and catch it)

**Low city** (throw it low on the wall and catch it)

**Touch your knees** (throw it and touch your knees before catching it)

**Touch your toes** (throw it and touch your toes before catching it)

**Touch your heel** (throw it and touch a heel behind

## **Extras**

Remember, [PE with Joe](#) is back! Get moving for 20 minutes at 9am every Monday, Wednesday & Friday.

Grown ups, have a look at this great idea called [Reaction Wall](#) for developing reactions, balance, concentration and hand-eye coordination in children (and adults!).

Highland Highlife is offering some Lockdown Online Activities. See the timetable below for what will be available for this month. To get the Meet joining codes, email Sarah at [sarah.ross@highlandhighlife.com](mailto:sarah.ross@highlandhighlife.com)



**LOCKDOWN ONLINE ACTIVITIES**

Looking for some activities over Lockdown? Why not join in our online activities from Monday 1<sup>st</sup> February

Day	Activity	Info	Age	Time
Monday	Monday Movers	Join Young leader Levy for a fun dance session to get moving!	P1-3 P4-7	3.00-3.30pm 3.45-4.30pm
Tuesday	Boxercise	A fun fitness session including boxing moves.	All	3.00pm-3.30pm
Tuesday	High school HIIT	Get your body moving for a half hour high intensity body weight workout. No equipment required.	S1-S6	3.50pm-4.30pm
Wednesday	Wake up Workout!	Join Ella for a high intensity workout to get you set for the day.	S1-S6	8.00 am-8.30am
Wednesday	Cheer Fun	A fun introduction to cheerleading learning some motions, jumps and fun routines.	P1-3 P4-7	3.00-3.30pm 3.45-4.30pm
Thursday	High School HIIT	Get your body moving for a half hour high intensity body weight workout.	S1-S6	3.50pm-4.30pm

Contact Sarah Ross at [sarah.ross@highlandhighlife.com](mailto:sarah.ross@highlandhighlife.com) for all joining codes.

[Adult Learning](#) | [Activities](#) | [Arts](#) | [Leisure Facilities](#) | [Libraries](#) | [Measures](#) | [Music](#) | [Sport & Outdoors](#) | [Youth Work](#)  
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