

H.W.B. Early Level: Nursery and P1

Cognitive Skills (Thinking Skills)	Focus and Concentration Can you spell a word while doing a jumping jack for every letter? Change the spelling words and you can change the exercise too if you want!	Problem Solving Can you think of a way to do an activity on your own without adult help?	Decision Making Can you decide between doing 20 star jumps now? Or doing TWO sets of 20 star jumps later on? Can you explain why you have made that decision?	Creativity Can you create your own obstacle course in your house and/or garden? How fast can you go around the obstacle course?	Communication Can you write a letter to somebody in your family and post it to them?
Personal Qualities	Motivation Can you do one bit of exercise per day? Can you motivate your family to do it with you?	Confidence & Self Esteem Can you list two PE skills that you are good at and two PE skills that you want to work on? Can you explain why you chose them?	Determination & Resilience Can you do the daily mile every day? Can you convince your family to do it even in bad weather?	Responsibility & Leadership Can you tidy up your own room without any help? Can you help somebody else tidy their room?	Respect & Tolerance Can you help a family member out with the chores at home?
Physical Competencies (Physical Skills)	Kinaesthetic Awareness (body awareness) Can you run with one sheet of newspaper on your tummy and keep it there with no hands? How long can you keep the newspaper there while running?	Balance & Control Can you balance on one leg for five seconds? Now try balancing on the other leg. How long can you balance on one leg for? What is your longest time? Can you beat a grown up?	Coordination & Fluency Can you throw a ball up in the air and catch it? Can you throw a ball up in the air, clap and catch it? How many claps can you do before catching it?	Rhythm and Timing Can you jump 5 times and then clap 5 times at the same time as another person? Can you play your favourite song and jump 5 times, clap 5 times to the beat?	Gross & Fine Motor Skills Can you throw and catch a ball with a family member? How many times can you do it without making a mistake? Can you put a bottle out and roll the ball towards it and knock it over? (you could set up bowling!)
Physical Fitness	Stamina Can you do 30 star jumps without stopping? Can you run on the spot for 30 seconds without stopping?	Speed Can you run on the spot really slowly for count to 10? Can you run on the spot as fast as you can for count to 10? How many times can you do this in one minute?	Core Stability & Strength Can you hold a press up position for 10 seconds? 20 seconds? 30 seconds? What is the longest you can hold it for? Can you jump up and then go down into a press up position? How many of those can you do?	Flexibility Can you sit on the floor with your legs straight and touch your toes? Can you touch your toes from standing up? (tip: stretch up on your tiptoes and then down to touch your feet and repeat)	Free For All! Do whatever work out or game you like! Maybe write down exercises for numbers on a dice and roll it or write down exercises for heads and tails and flip a coin. Be creative!

H.W.B. First Level : P2 – P4

<p>Cognitive Skills (Thinking Skills)</p>	<p>Focus and Concentration Can you count how many exercises you can do in one minute? (hopping, jumping, burpees, high knees, up/down planks, high ankles, tuck jumps)</p>	<p>Problem Solving Can you think of ways to motivate yourself and your family to do activities together?</p>	<p>Decision Making Write your own PE workout with 10 exercises. Decide which exercises, how long you want to do them for and break times between!.Lead the workout for your family!</p>	<p>Creativity Can you create your own obstacle course in your house and/or garden?</p>	<p>Communication Can you write a letter to somebody in your family and post it to them?</p>
<p>Personal Qualities</p>	<p>Motivation Can you do one bit of exercise per day? Can you motivate your family to do it with you?</p>	<p>Confidence & Self Esteem Can you list five PE skills that you are good at and five PE skills that you want to work on?</p>	<p>Determination & Resilience Can you do the daily mile every day? Can you convince your family to do it even in bad weather?</p>	<p>Responsibility & Leadership Can you follow your own timetable for the day without help? (you might need to make this with an adult)</p>	<p>Respect &Tolerance Can you help a family member out with their chores at home?</p>
<p>Physical Competencies (Physical Skills)</p>	<p>Kinaesthetic Awareness (body awareness) Can you make a large shape, a tiny shape and wide shape with your body? How many different shapes can you make?</p>	<p>Balance & Control Balance a piece of fruit on your head while hopping or jumping. How many can you do before you drop it? What is your high score?</p>	<p>Coordination & Fluency Can you create a hop scotch grid and practise landing on one foot then two feet, then on foot then two feet. Can you do it backwards?</p>	<p>Rhythm and Timing Play your favourite song and choose a PE exercise to do to the beat. (example, hopping to the beat, jumping, skipping, lunge jumps, squats)</p>	<p>Gross & Fine Motor Skills Can you throw and catch a ball with a family member? How many times can you do it without making a mistake?</p>
<p>Physical Fitness</p>	<p>Stamina Can you do 30 star jumps without stopping? Or hopping, jumping, squat jumps, sit down/stand up, burpees.</p>	<p>Speed How fast can you do 10 star jumps? (time it!) Can you do 10 star jumps faster than an adult in your house? What about other types of exercises?</p>	<p>Core Stability & Strength Can you hold a plank for 30 seconds? What is the longest you can hold a plank for?</p>	<p>Flexibility Can you sit on the floor with your leg wide apart, can you touch your toes? How low can you get your chest to the floor?</p>	

H.W.B. Second Level : P5 – P7

Cognitive Skills (Thinking Skills)	Focus and Concentration Can you spell words while throwing and catching a ball with a family member? (each person says a letter and take it in turns to choose a word)	Problem Solving Can you arrange a family games night?	Decision Making Create your own workout. Decide how many exercises you will have, how long you have to do them, how long the breaks are. Lead the workout for your family!	Creativity Can you create an obstacle course in your house and/or garden? How many different types of exercises can you include in your obstacle course?	Communication Can you write a letter to somebody outside of your family and post it to them?
Personal Qualities	Motivation Can you do half an hour of PE a day? Can you motivate your family to do it with you?	Confidence & Self Esteem Can you list 10 PE skills that you are good at and 10 PE skills that you would like to work on in the future?	Determination & Resilience Can you select three things that you want to improve upon while you are at home this school term. How are you going to improve them?	Responsibility & Leadership Can you follow your own timetable for home school learning without help? Can you help a sibling to follow theirs? (if you have one)	Respect & Tolerance Can you help a family member do their chores around the house? Even when you don't want to?
Physical Competencies (Physical Skills)	Kinaesthetic Awareness (body awareness) Can you do 3 full turn jumps on the spot, at the same speed and landing with control? How many full turn jumps can you do before you lose your balance?	Balance & Control Balance a piece of fruit on your head while hopping, jumping, squatting, planking, lunge jumping, star jumping (choose an exercise). How long can you do this for before dropping it? Or how many of the exercise can you do before dropping it?	Coordination & Fluency Can you balance on one foot and move your arms like a windmill in opposite directions? How many can you do until you lose your balance? Or time yourself to see how long you can do it for!	Rhythm and Timing Choose your favourite song and choose a PE exercise to do during it. How many can you do to the beat of the song? (hopping, squats, jumps, lunges, press ups, plank, mountain climbers)	Gross & Fine Motor Skills Can you throw and catch a ball with your non-dominant hand with a family member? How many can you do without dropping it? What is your high score?
Physical Fitness	Stamina Time how long you can run on the spot for? Remember you are trying to get the biggest time – pace yourself. Can you improve your time?	Speed How quickly can you do 10 sit ups? 10 press ups? 10 burpees? 10 squats? 10 lunge jumps? 10 mountain climbers? Can you improve your score for each exercise each time?	Core Stability & Strength Can you hold a plank for 30 seconds? For a minute? Can you record your best time?	Flexibility Can you do a back end or a crab? How long can you hold it for? Can you walk sideways?	