

Year 3 Home Learning Summer Term

PE

As it is National School Sport Week 2020, the Youth Sport Trust have created a selection of tasks to help get children active. Rather than limit the variety of activities to 5, I have uploaded the full PDF (called: PE Activities – YST Sports Week 2020) from the Youth Sport Trust that contains a wide range of activities over 5 key areas:

- Athletics (track and field)
- Aiming sports
- Team sports
- Adventure sports
- Artistic sports

The activity cards have between 5 and 6 different activity ideas on under the 'Choose' heading. They then have some suggested challenges that you could do linked to some or all of the activities under the heading 'Challenge'. Finally, there is the 'Capture' heading which suggests ways that you could record what you have been up to.

For this week, I would like you to choose a different activity for each day. If you would like you could do more than one and even do a whole activity card each day if you are feeling active! 😊

Below there is a planning card so that you can keep a record of what you have done each day. Then you can send it in to the class email at the end of the week to let me know what you have been getting up to. There is also a personal challenge card that you may want to use (but do not have to) to keep track of your score on the different activities.

Plan your NSSW at Home 2020 - What will you choose to do?

		Example	Sat 20th	Sun 21st	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
Choose	What activity will you try?	<i>Egg and spoon race</i>							
	How will you play?	<i>Outside, in teams of two, best of three races</i>							
	Who is playing?	<i>My family</i>							
Challenge	Who will you challenge?	<i>My Auntie's family</i>							
Capture	How will you capture the memory?	<i>Photos, videos, and timing the races</i>							
Reflect	What did you learn?	<i>My sister and I make a great team</i>							

Can you find a challenge to complete each day of NSSW at Home 2020?

For each day you complete, colour a section of the rainbow. Can you complete the rainbow to match the Thank You rainbow before the week is through?



#NSSWtogether



YOUTH
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TRUST



What is your Personal challenge?

My Personal challenge scorecard

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity		Right Way Wrong Way	Fast Feet					
My scores	Attempt 1	33	15					
	Attempt 2	35	14					
	Attempt 3	38	16					
My personal best		38	16					
Who I played with		My sister Katie	My Mum and my Aunty					
Our collective challenge		To improve our score each time	To get more than 40 in one go					