



St. John's Catholic School Weekly Home Learning Project

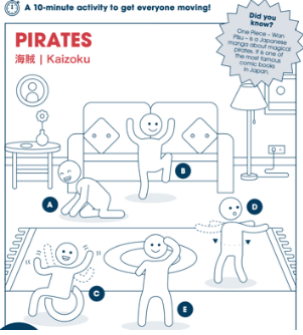





We would love to see photographs so please email your class teachers!

You might win a Star of the Week prize next week!

The focus for this week is PE



Class	Early Years	KS 1	Lower KS2. Years 3 and 4	Upper KS2 Years 5 and 6
<p>BALL SKILLS</p>	<p>Throwing is a skill that emerges at a very young age and develops in the following stages:</p> <p>over and down two-handed underhand one-handed underhand one-handed overhand.</p> <p>Encourage two-handed underhand throwing in the early stages, before moving on to throwing objects up in the air and watching them drop.</p> <p>The next stage is to get children to aim at something, such as a chair or box. Start close to the target, then lengthen the distance.</p> <p>Have fun!!!!!!!</p>	<p>Space Ball Challenge Try it here</p> <p>Can you think of a part of your body to pass the ball around?</p> <p>Challenge yourself to do this for 30 seconds.</p> <p>Try the Ball skills using your hands challenge here.</p>	<p>Game: Bucket Ball</p> <p>Using a sensible working area. Set out a square using cones of another type of visible object. Place a bucket or box in the middle of your working area. Can you kick the ball into the bucket but the ball must bounce at least one? Can you kick the ball in to the bucket (with no bounce)? Can you chip the ball off the ground and in to the bucket from 1 metre away? If successful you can challenge yourself to increase the distance.</p> <p>Falling apples Try this challenge here</p> <p>Try the Keepy Uppys challenge here</p>	<p>The story of Fairtrade Footballs.</p> <p>Watch this film here - learn about how footballs are made.</p> <p>Have you heard about child labour before? If you are buying a ball – think about what you have learnt about Fairtrade Footballs!</p> <p>Try to balance a ball:</p> <ol style="list-style-type: none"> 1. On your hand 2. On your foot 3. On your head 4. On your nose 5. On your knee <p>Try these Ball skills challenge here – they start easy and get harder!</p> <p>Try the Keepy Uppys challenge here</p>
<p>The Tokyo 2020 Games will not take place but stay active with 'Travel to Tokyo' ideas Indoors or outdoors.</p>	<p>Try Tokyo Ten PIRATES</p> <p></p>	<p>How to get active with your family using the Tokyo Ten Duster Dodge.</p> <p>Take a look at this animation here.</p> <p>Try Tokyo Ten Kendama here – all you need is a ball and cups!</p> <p></p>	<p>Get active with your family with Random Routines Tokyo Ten! Take a look at this animation here.</p> <p>Try Tokyo Ten Tee Time here.</p> <p></p>	<p>Try Tokyo Ten Radio Taiso</p> <p></p> <p>Watch this – it is broadcast in Japan every day for schools.</p> <p>Now try the Tokyo Ten Radio Taiso here.</p>

For everyone!

Fitness: Have a look at these video clips to show you the correct technique and try it for yourself ... at home, in the garden or in the park!

- [Burpees](#)
- [Static Balance](#)
- [Target Throw](#)
- [Standing Long Jump](#)
- [Speed Bounce](#)

TOKYO TEN | 東京10

A 10-minute activity to get everyone moving!

KNEE TAG

膝タッチ | Hiza Tacchi

Did you know?
Tag is known as Onigokko in Japan and is a popular with children during school play time.



Colour me in!

10 Mins

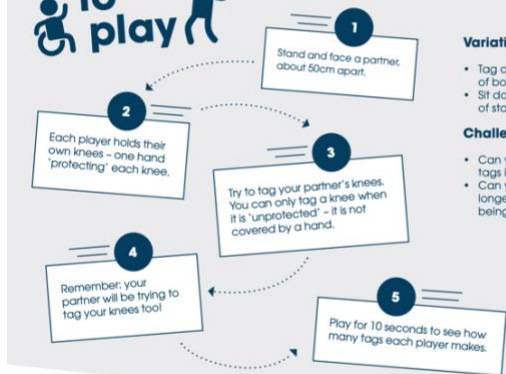
KNEE TAG
膝タッチ
Hiza Tacchi

Martial Arts

Activity type
Home Away Indoor Outdoor

Equipment
None

How to play



- Variations**
- Tag one knee instead of both knees.
 - Sit down instead of standing.
- Challenge yourself**
- Can you make more tags in the time?
 - Can you play for longer without being tagged?

What next?

Try something similar
judo, taekwondo, karate, wrestling

Try something different
swimming, diving, surfing, rowing, sailing

Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo