

Year 1 and 2 - P.E Home Learning– W/C 13<sup>th</sup> July

I hope you and your family are staying fit and healthy. Here is an adapted shot-put task for you and your family to try! Have fun and take care, Mr Coulling

# ~AT-HOME PE~

## ● THE SOCK PUT ●

**EQUIPMENT:** 2 SOCK BALLS, MARKERS (BOTTLES/STICKS), AND PAPER.

**SET-UP:** WITH YOUR PARENT'S PERMISSION, CREATE A STARTING CIRCLE WITH THE MARKERS. PLACE THE 2 SOCK BALLS INSIDE THE STARTING MARKER. CREATE 3 POINT VALUE MARKERS. THE FIRST ONE NEEDS TO BE 15 FEET AWAY, AND THEN FOLLOW WITH THE OTHER 2. CREATE PAPERS WITH THE POINTS VALUE ON IT AND PLACE INSIDE THE MARKERS.

**ACTIVITY:** STUDENTS WILL WORK ON THROWING SKILLS. STUDENTS WILL GET 2 THROWS WITH THE SOCK BALLS TO SEE HOW MANY POINTS THEY CAN GET COMBINED. STUDENTS MUST HOLD THEIR SOCK AT THE NECK AND PUSH AWAY THE SHOT TO THROW. IF STUDENT COMES OUT OF CIRCLE WHILE THROWING, THEIR THROW WILL BE MARKED A 0. THE SOCK MUST LAND IN BOUNDS FOR THE THROWS. AFTER BOTH THROWS ARE TOTALED, HAVE THE NEXT STUDENT GO. PLAY 3 ROUNDS.

**ENRICHMENT/MODIFICATION:** SPACE THE MARKERS OUT MORE/LESS. HAVE THE STARTING MARKER CLOSER TO THE BEGINNING POINTS. HAVE STUDENTS THROW OVER/UNDERHAND. PLAY MORE THAN 3 ROUNDS. HAVE STUDENTS SPIN 3 TIMES BEFORE THE THROW.



**S1.E21**