SATPE Primary
Home Learning Challenges

Skills and attributes that support learning through performing in physical education

Cognitive Skills
- Problem Solving
- Focus & Concentration
- Decision Making
- Creativity

Physical Competencies
- Kinaesthetic Awareness
- Balance & Control
- Coordination & Fluency
- Rhythm & Timing
- Gross & Fine Motor Skills

Personal Qualities
- Motivation
- Confidence & Self esteem
- Determination & Resilience
- Responsibility & Leadership
- Respect & Tolerance
- Communication

Physical Fitness
- Stamina
- Speed
- Core Stability & Strength
- Flexibility

Designed by Chris Crookston & Dr Andy Dalziel
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Early Level

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Skills and attitudes that support learning through performing in physical education

Problem Solving - Can you help your parents match the socks that come out of the washing machine?
Focus & Concentration - Can you walk to school and count how many red cars you see?
Decision Making - Can you go to the park and decide which is the fastest way to slide down the chute?
Creativity - Can you make an obstacle course in the park or your garden?

Motivation - Try to improve your time balancing on one leg
Confidence & Self Esteem - Can you help your parents pack your bag for school/nursery
Determination & Resilience - Can you complete a jigsaw puzzle without stopping or any help
Responsibility & Leadership - Can you take your parents to the park and play ‘follow my leader’
Respect & Tolerance - Can you let your parent take the lead during ‘follow the leader’
Communication - Can you explain to your parents what you love the most about playing physical games?

Kinaesthetic Awareness - Can you run with one sheet of newspaper on your tummy and keep it there with no hands?
Balance & Control - Can you balance on 1 Leg for 5 seconds
Coordination & Fluency - Can you throw an object up and catch it? Can you clap before you catch it?
Rhythm & Timing - Can you jump 5 times, then clap 4 times at the same time as someone else?
Gross/ Fine Motor Skills - Can you jump off something at the park and land on 2 feet?

Stamina - Can you run on the spot for 1 minute without stopping?
Speed - Can you run on the spot as slow as you can for the count to 5, then run as fast as you can for the count to 5?
Core Stability & Strength - Can you hold a press-up position for 10 seconds
Flexibility - Can you touch your toes whilst sitting down with straight legs? Can you touch your toes whilst standing up?
**Problem Solving** - Can you pack your school bag by yourself and then have your parents check it?

**Focus & Concentration** - Can you recall the alphabet out loud whilst music is playing in the background?

**Decision Making** - Can you decide between which 2 games you can play with your parents?

**Creativity** - Can you build a secret den using blankets and things that are around your house or garden.

**Motivation** - Can you walk to school everyday for a whole month?

**Confidence & Self Esteem** - Can you arrange to meet your friend and walk to school together?

**Determination & Resilience** - Can you convince your parents to walk to school even in bad weather?

**Responsibility & Leadership** - Can you find a different route to walk to school?

**Respect & Tolerance** - Can you do a favour for one of your neighbours?

**Communication** - Can you ask your parents about what they did today when you were at school?

**Kinaesthetic Awareness** - Can you take 3 pictures of yourself, showing the tallest shape you can, the smallest shape you can and the widest shape you can?

**Balance & Control** - Can you balance on one foot on a mattress on the bed for 5 seconds?

**Coordination & Fluency** - Can you perform hop scotch. Landing on 1 foot - 2 feet, 1 foot - 2 feet - 1 foot - 2 feet?

**Rhythm & Timing** - Can you jump, jump clap - jump, jump clap at the same time as the music form Queen – We will rock you. Can you now try it with no music?

**Stamina** - Can you do 30 star jumps without stopping?

**Speed** - Can you run do 10 star jumps faster than an adult at home?

**Core Stability & Strength** - Can you hold the plank on 1 elbow and one foot (keep your legs and belly off the ground)?

**Flexibility** - Can you sit on the floor with your legs wide apart, how low can you get your chest to the floor?
Problem Solving - Can you arrange a games night for your family
Focus & Concentration - Can you spell words whilst throwing and catching a ball between you and your family
Decision Making - Can you organise your bedroom to help keep it tidy
Creativity - Can you invent a new game with your parents that involves a ball and a scoring system

Motivation - can you and your family take a 15 minute walk after dinner at least twice a week
Confidence & Self Esteem - can you list five things that you excel at in life
Determination & Resilience - Can you select 2 things that you will improve at home during this school term
Responsibility & Leadership - Can you take a food shopping list and with your parents support complete the shopping
Respect & Tolerance - Can you choose some of your toys or games that you haven’t used for a while and donate them to charity
Communication - Can you write a letter to a member outside your immediate family and post it to them

Kinaesthetic Awareness – Can you do 3 Full Turn Jumps on the spot, at the same speed and landing with control (no falling)?
Balance & Control – Can you jump from the ground onto the couch/ bed, landing taking off 2 feet and landing on 2 feet without falling?
Coordination & Fluency – Can you balance on one leg and move your arms like a windmill in opposite directions?
Rhythm & Timing – Can you do 3 jumps, straight into a forward roll then straight into 3 jumps again?
Gross / Fine Motor Skills – Can you get someone to throw a ball to you and hit it with a bat? Can you mark where the ball lands and beat this target?

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Stamina - Can you time how long you can run on the spot without having to stop
Speed - How quickly can you complete 10 press-ups and 10 sit-ups
Core Stability & Strength - Can you carry the shopping bags into your kitchen for your parents
Flexibility - Can you do a backbend or crab