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
Early Level

**SATPE Primary Home Learning Challenges**

- **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?

**Cognitive Skills**
- **Motivation**
- **Confidence & Self Esteem**
- **Determination & Resilience**
- **Responsibility & Leadership**
- **Respect & Tolerance**
- **Communication**

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

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

**Personal Qualities**
- **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?

**Early Level Challenges**

- **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 play park and land on 2 feet?

**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.

**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.

**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?
SATPE Primary Home Learning Challenges

First Level

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 hopscotch. 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?

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?
**Second Level**

### 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

**Skills and attributes that support learning through performing in physical education**

- **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?
- **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?