

## PE Remote Tasks

### 1. Foot Tap Soccer

You'll need a pair of rolled up socks and 2 flat books. Cardboard or paper could easily substitute.

Place the books 5 metres apart. Starting at one end, use your feet to 'dribble' the socks down to the book.

You must get the socks on the book, tap it, then dribble back the other way.

Each 'stop tap' is worth 1 point. How many points can you get in one minute?

### 2. Catch'o'rama

You will need as many of the following items as you can find: tennis ball, bean bag, pairs of socks, scrunched paper, balloons, scarves or any other random item to throw and catch.

Toss the object a little above your head and catch it – repeat 5 times in a row

After you catch the object 5 times in a row, try it with a different type of ball or object.

Can you also do the following?

Toss the ball up and clap 1,2,3 or more times – what's your best score?

Toss the ball up and turn around and catch.

Toss the ball up, touch the ground with one hand, stand up and catch

Try with your right hand, left hand, both hands

What other tricks can you come up with for catching?

### 3. Classic Catches

You can select what you would like to use for this one. Take the greatest catch you possibly can using what you've got!

What makes a classic catch? A dive, one handed, quick reflexes, something from a great height, something that's a bit different, a splash in the pool.

The options are endless!