

## **Take Home Running B2**

1. At breaktime, play a game that involves running every day this week.
2. In your PE journal, list three reasons why it is important to warm up before doing an activity.
3. Invite a grown-up to help you to make the jewels, and recreate this activity at home.
4. Play Rock Paper Scissors in the yard at playtime.
5. Investigate how many seconds it takes you to run around the outside of your house. Invite a family member to time you.
6. In your PE journal, list three sports where running is important.
7. It is not as easy to apply all of the teaching points of running when holding hands with a teammate. In your PE journal, name one teaching point in particular that would prove difficult.
8. In your PE journal, draw a picture of this activity. List three things you like about this game.
9. Teach the teaching points of running that you learned today to a family member or friend.
10. In your PE journal, draw a picture of you running in a race.