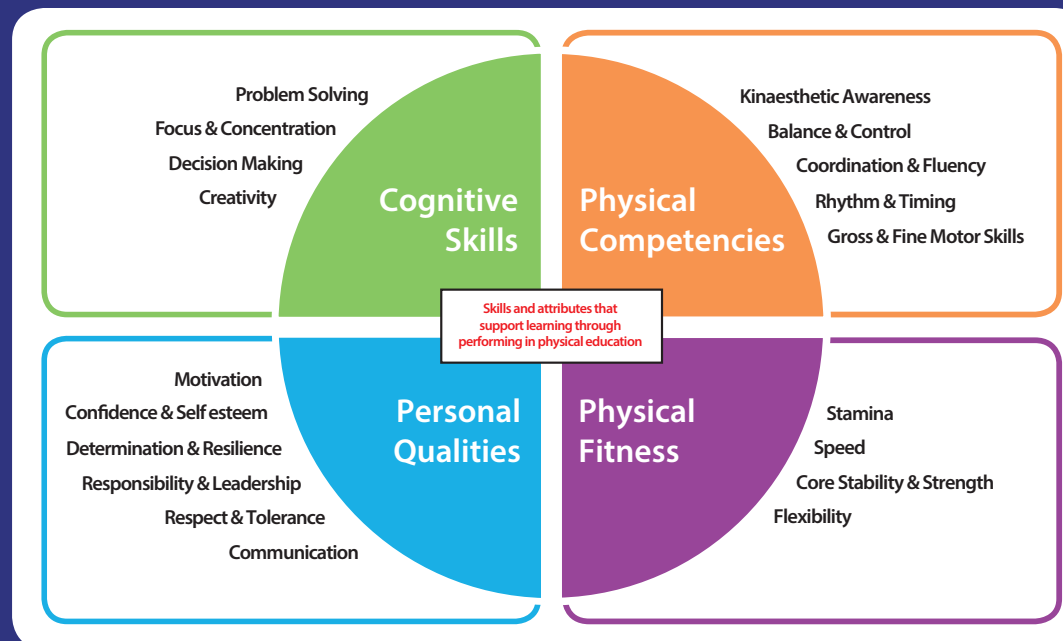


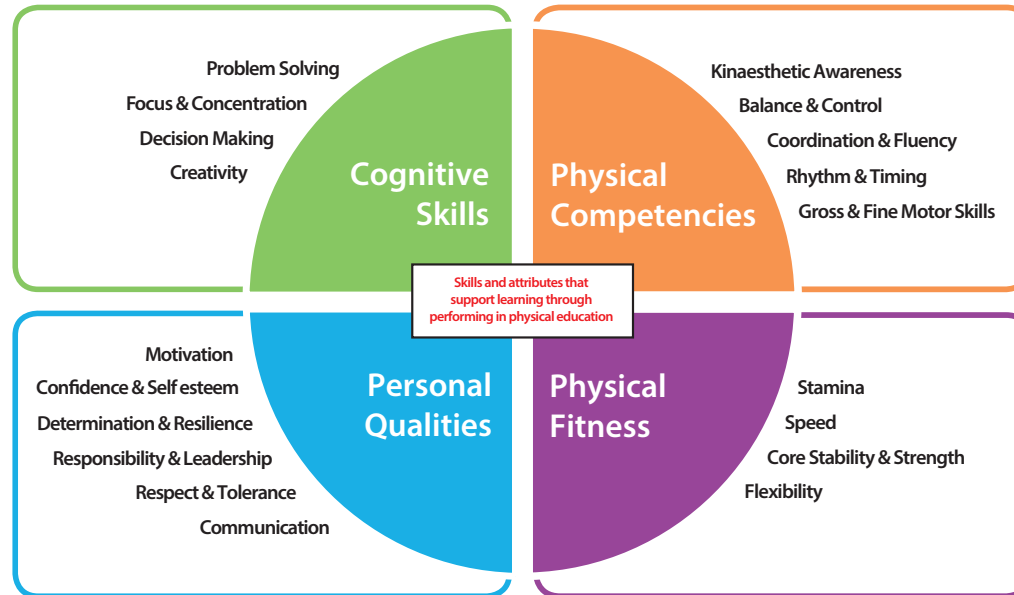
# SATPE

SCOTTISH ASSOCIATION OF TEACHERS  
OF PHYSICAL EDUCATION

## SATPE Primary Home Learning Challenges



## Early Level



▶ **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 play park and land on 2 feet ?

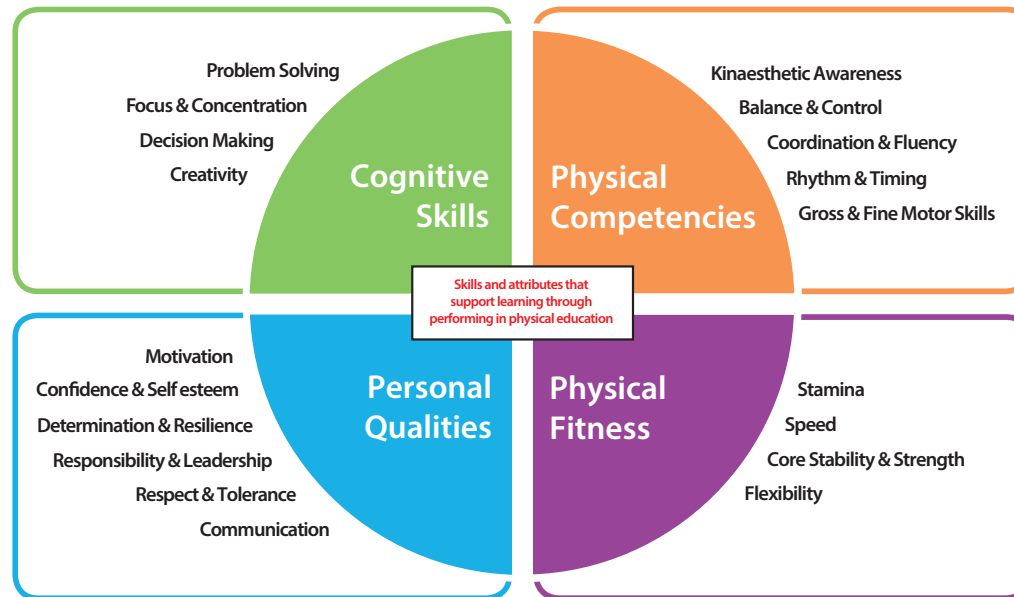
▶ **Stamina** - Can you run on the spot for 1 minute without stopping?

▶ **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?

## First Level



▶ **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 from Queen - We will rock you. Can you now try it with no music?

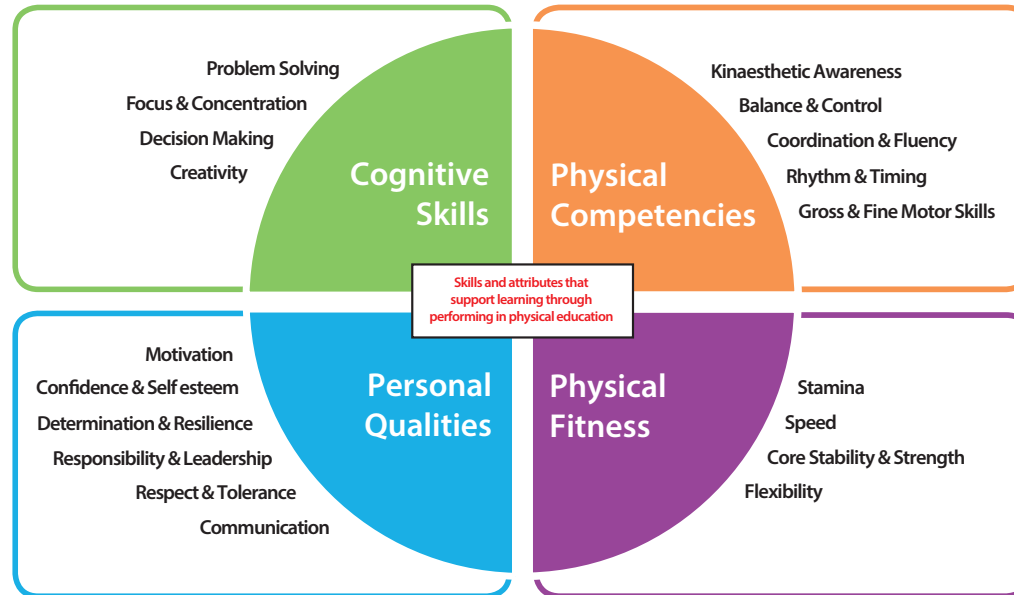
▶ **Stamina** - Can you do 30 star jumps without stopping?

▶ **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

## Second Level



- ▶ **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?

- ▶ **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