**Early & First Level**

**PE & Science Activity Grid**

*Colour in the box as you complete the fun activity. You can choose to do the activities in any order. The experiments must be completed with an adult.*

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| PE with Joe WicksYouTube | Science research:Draw a picture of an invertebrate and write down 3 facts about it. | Gla. Science CentreChoose an experiment to do with an adult.Youtube  | Outdoor Fun Challenge 10Do each activity 10 times.\* hop on each leg\* run the length of the garden\* jump as long/ far as you can\* bat a ball in the air |
| Gla. Science CentreChoose an experiment to do with an adult.Youtube  |  Draw a picture of yourself and label as many body parts and organs as you can e.g. stomach, heart... | Jumpstart JonnyYoutube | Science:Draw or print a picture of a human skeleton and try to label as many bones as you can. Use your computer to help. |
| I’m going on a senses walk to explore some of my senses. Find something smooth, rough, jaggy, crunchy, soft.Find something that smells yucky, yummy, sweet, sour, perfumey... | Cosmic Yoga For kidsYoutube | Go for a long walk with an adult.Collect some leaves, petals, acorns, etc to make a picture when you return home. | Gla. Science CentreChoose an experiment to do with an adult.Youtube  |
| Go NoodleFor kidsYoutube  | I’m going on a senses walk to explore some of my senses. Lie down, close your eyes and name as many things as you can that you can hear and then smell. | Gla. Science CentreChoose an experiment to do with an adult.Youtube | Just Dance for kidsYoutube |