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EYFS & KSI	Monday	Tuesday	Wednesday	Thursday	Friday
Week I	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Catching Using a ball throw it into the air (as high as your head) let it bounce and then catch it. Can you throw it any higher and still catch it? Can you catch it without a bounce? How many throws and catches can you do with- out the ball touching the floor?	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Catching & Throwing Find a space to play catch. Try and work on your accuracy and technique. Can you catch a ball against a wall? Can you catch the ball from a family member? Try and do 20 x in a row. Can you move further away? Can you catch for a minute?	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube

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Week 2	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	<ul> <li>Target Throwing</li> <li>Find a target, it could be a wall, a bucket or whatever you have at home.</li> <li>How many times can you hit the target?</li> <li>Try to beat YOUR score or challenge yourself by moving further away each time</li> <li>Find someone at home to practice with</li> <li>How accurate are you?</li> <li>How far apart can you go?</li> </ul>	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Sock Hop (game below) Vist You Tube: https://www.youtube. com/watch?v=HC2d- JOytwkw When you have tried the sock hop game, roll up the socks and try throwing them into your targets. Now put all the socks away in their drawers	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube

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EYFS & KSI	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	<ul> <li>Sprinting</li> <li>On your daily walk, see if you can find a space to practice your sprinting, (fast running).</li> <li>Find a start and a finishing line.</li> <li>How fast can you go?</li> <li>Perhaps mum or dad could time you.</li> </ul>	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Dice (game below) With a dice could you try the game "roll a task: workout break"	The Body Coach TV - YouTube at 9.00 -9.20 OR Cosmic Kids Yoga - YouTube

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EYFS & KSI	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Jasmine Active www.jasmineactive.com email: parent@stgabriels-2. com / Password: stgabriels Try any of the day 7 activities based around a seated balance. Press the video camera icon for instructions. Definitely try the throw the fruit game.	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	25 Ways to Move (game below) Choose 10 activities from the "25 ways to get moving at home"	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube

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EYFS & KSI	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Fitness Bingo Play fitness bingo with your family. Take it in turns to choose and do an exercise. Who will be the first person in your family to complete a line.	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Dice Games (below) Play "Roll the Dice" fitness with your family.	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube

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EYFS & KSI	Monday	Tuesday	Wednesday	Thursday	Friday
Week 6	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Get moving at home (game below) Choose 10 different activities from the "25 ways to get moving at home"	The Body Coach TV - YouTube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube	Jasmine Active www.jasmineactive.com email: parent@stgabriels-2. com / Password: stgabriels Try any of the day 10 activities and play the magic bean game. Press the video camera icon for instructions.	The Body Coach TV - You Tube at 9.00-9.20 OR Cosmic Kids Yoga - YouTube

#### **MYACTIVE CALENDAR**

Being at home gives us lots of new challenges, but no matter where we are, it is always important we keep fit and healthy (and have fun doing it!) Here is your very own Get Set 4 PE Active Calendar. Your challenge is to complete an active game for every week day throughout January. Follow these steps to help you:

- Go to www.getset4pe.co.uk and click on the Active Families tab at the top of the page
- Pick an active game and play it (if you liove a game you can play it again another day)
- Write the name of the game you played onto your active calendar and enter an emotion face to show how it made you feel.

#### www.getset4pe.co.uk

My Active Calendar - January 2021							
Monday Tuesday Wednesd Thursday Friday							
4	5	6	7	8			
н	12	13	14	15			
18	19	20	21	22			
25	26	27	28	29			

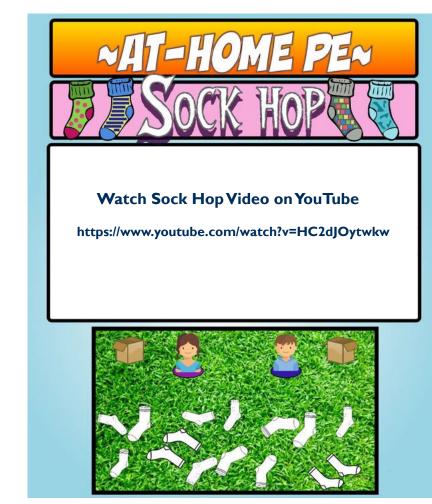
Complete an active game by going to www.getset4pe.co.uk and follow the instructions to fill in your active calendar for January. If you enjoy doing the games why not do it again in February.

## **FITNESS FUN**

My Goal: Complete each exercise every day.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Jumping Jacks							
15 Sit Ups							
15 Squats							
15 Lunges							
15 Push Ups							
15 Toe Touches							
15 Leg Raises							
15 Arm Circles							
15 Knee Raises							
Play Outside (30 minutes)							

#### **SOCK HOP**



Equipment: Socks, 2 boxes (bins of some type), markers (something to mark the starting spots).

Set-up: with your parent's permission, collect as many socks as you can find and spread them out in an open area. Make 2 marks for the starting spots, place the boxes off to the side of the markers.

Activity: Students will work on fine motor skills in their feet, as well as hopping. Students will need to have shoes and socks off. On the "go" signal, students will race to pick up a sock with their toes. Students have to use their toes to clinch the sock. Then have to hop back to drop it in their box. The foot that has the sock clinched, must be the foot in the air while hopping. Students are allowed to pick up only I sock at a time. If they drop it, they may pick it back up with their toes. No hands are allowed to be used during this activity.

Enrichment/modification: push the markers further away, change up the locomotor movement (running, skipping or jumping). Use different sizes, colours for bonus points, play with family members. Place a time limit on the activity.

#### **MYACTIVE CALENDAR**

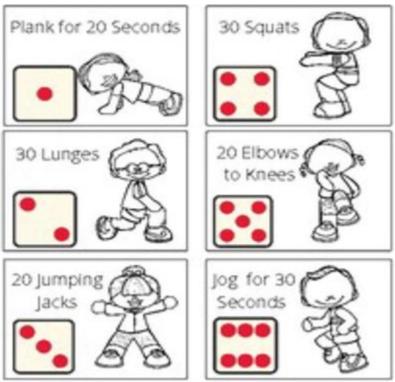


#### **DICE FITNESS GAMES**



To be HEALTHY for a lifetime, it's important to get 60 minutes of physical activity every day@ Play Super Hero Dice Fitness every day. Rol the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exertcise and increase the number of repetitions you do every day for each exercise.

# **ROLL THE DICE FITNESS**



#### **DICE FITNESS GAMES**

## **ROLL A TASK**

## **FIT DICE**

