

RECEPTION

The activities below are just a suggestion of what children might like to try at home.

Remember to join in with the daily PE class at 9.00am with Joe Wicks, the body coach, on YouTube.


If you would like to improve flexibility try Yoga for Kids <https://www.youtube.com/watch?v=KAT5NiWHFIU>

Other recommended activity sites for Key Stage 1 children:

- Just Dance on YouTube
- Cosmic Kids Yoga on YouTube
- Andy's Wild Workouts on BBC iPlayer
- Zumba Kids on YouTube
- Les Mills Born to Move - free 14 day trial or free on YouTube
- Skipping <https://www.youtube.com/watch?v=vVctfW2OCyQ>
- French skipping <https://www.youtube.com/watch?v=d2EhxsozHsk>

Remember to use your outside hour for a walk, run or bike ride with your family.

Make sure you are in a safe space and properly warmed up before you start. Ensure you have an adult with you, have fun and keep moving.

Reception		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 11/5/2020	<p>Tennis Week <i>If you don't have a tennis racket and ball, you could use a book and some scrunched up paper or a balloon as a ball.</i></p> 	<p>Bounce Using a balloon, can you keep it in the air by patting it? How long can you keep the balloon in the air?</p>	<p>Catch Can you balance a bean bag on your racket and toss it up in the air and catch it again on your racket? How many times can you catch it? Use rolled up socks or a teddy if you do not have a bean bag.</p>	<p>Balance Can you balance a tennis ball on your racket and weave in and out of an obstacle course? Count how many times the ball drops onto the floor. Can you do the course again and try not to drop it as many times.</p>	<p>Serve Serve your best shot. Try an underarm serve. Drop the ball in front of you and slightly to the side; can you hit it after just one bounce?</p>	<p>Team Skills Play a game of hand or racket tennis with one of your family. If you find this hard use a balloon to keep the rally going.</p>

YEAR 1

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Week 4 11/5/2020	<p>Tennis Week <i>If you don't have a tennis racket and ball, you could use a book and some crunched up paper or a balloon as a ball.</i></p> 	<p>Bounce Using a racket and ball see if you can practice bouncing the ball on the floor.</p> <p>Try and bounce the ball 10 x in a row.</p> <p>Try to bounce the ball on your racket, remember to keep your wrist firm.</p> <p>How many bounces can you do?</p>	<p>Balance Can you balance a tennis ball on your racket and weave in and out of an obstacle course?</p> <p>Count how many times the ball drops onto the floor.</p> <p>Can you do the course again and try not to drop it as many times.</p>	<p>Throw, Hit, Catch Ask your mum or dad to throw the ball underarm to you and try to hit it back to them.</p> <p>Score a point if you can hit the ball back for them to catch.</p>	<p>Serve Serve your best shot.</p> <p>Try an underarm serve.</p> <p>Drop the ball in front of you and slightly to the side; can you hit it after just one bounce?</p>	<p>Team Skills Play a game of hand or racket tennis with one of your family.</p> <p>If you find this hard use a balloon to keep the rally going.</p> <p>Count your top rally. Can you do more than 5 hits with your partner?</p>

YEAR 2

The activities below are just a suggestion of what children might like to try at home.

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Remember to use your outside hour for a walk, run or bike ride with your family.

Make sure you are in a safe space and properly warmed up before you start. Ensure you have an adult with you, have fun and keep moving.

Year 2		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 11/5/2020	<p>Tennis Week <i>If you don't have a tennis racket and ball, you could use a book and some crunched up paper or a balloon as a ball.</i></p> 	<p>Bounce Using a racket and ball see if you can practice bouncing the ball on a hard service.</p> <p>Try and bounce the ball 10 x in a row.</p> <p>Try to bounce the ball on your racket. Remember to keep your wrist firm.</p> <p>How many bounces can you do?</p>	<p>Balance Can you balance a tennis ball on your racket and weave in and out of an obstacle course?</p> <p>Count how many times the ball drops onto the floor.</p> <p>Can you do the course again and try not to drop it as many times.</p>	<p>Throw, Hit, Catch Ask your mum or dad to throw the ball underarm to you and try to hit it back to them.</p> <p>Score a point if you can hit the ball back for them to catch.</p>	<p>Serve Serve your best shot.</p> <p>Try an underarm serve. Drop the ball in front of you and slightly to the side; can you hit it after just one bounce?</p>	<p>Team Skills Play a game of hand or racket tennis with one of your family.</p> <p>If you find this hard use a balloon to keep the rally going.</p> <p>Count your top rally. Can you do more than 10 hits with your partner?</p>