

RECEPTION AND YEAR 1 (IN SCHOOL)

The activities below are a suggestion of what you might like to try either at school with your teacher. Each week I have suggested five activities to try if they fit in with your daily plans. Each child needs their own bean bag from the dining room.

There will still be a daily PE class at 9am with JOE WICKS You tube – The body coach TV

Yoga for kids will keep you flexible and ready for any individual sport <https://www.youtube.com/watch?v=KAT5NiWHFIU>

Other recommended activity sites for key stage 1 children

Just Dance on You Tube.

Cosmic kids yoga on YouTube.


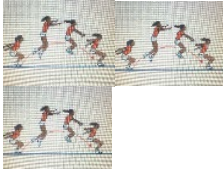

Andy's wild workouts on BBC iPlayer

Zumba Kids on YouTube

Skipping <https://www.youtube.com/watch?v=vVctfW2OCyQ>

French skipping <https://www.youtube.com/watch?v=d2EhxsozHSk>

Always make sure you are in a safe space and properly warmed up before you start doing any exercise.

In School		Monday	Tuesday	Wednesday	Thursday	Friday
Week 10 29/6/2020	Reception & Year 1 in School	<p>ATHLETICS</p> <p>Three Spring Jumps</p>  <p>Practice a standing long jump, (above) in the garden or an outside space.</p> <p>Can you put three standing jumps together to look like this:</p>  <p>How far can you jump?</p>	<p>SLALOM RUNS</p> <p>After a warm up</p> <ol style="list-style-type: none"> 1) Jog 2) Stride 3) Kick backs 4) High knees 5) Side step 6) Backwards 7) Hands and feet <p>The teacher will set up the cones as a track for the children to weave in and out over 30 metres. Ensuring there is a clear start and finish.</p> <p>The pupils run small races, two pupils at a time, (try to match pupils of the same ability).</p>	<p>RUN AND JUMP</p> <p>Using the long jump pit and cones.</p> <p>Start by running and jumping on the grass. One foot take off and two foot landing. If pupils find this concept difficult get the children to practice their hopscotch first.</p> <p>Run from the grass jumping into the sand pit.</p> <p>How far can they jump across?</p> <p>Run a mini competition for distance.</p> 	<p>OBSTACLE RACES</p> <p>After a general warm up, set up obstacle tracks using hoops, spots and cones etc.</p> <p>Slalom run around the cones, jump into and out of a hoop five times and then sprint to the finish.</p> <p>Can you time each individual child and run a mini league of times?</p>	<p>MINI SPORTS DAY</p> <p>Using all the races covered during the term, run a mini sports day including some runs, jumps and throws (cleaning the ball after each throw).</p>

RECEPTION, YEAR 1 AND YEAR 2 (AT HOME)

The activities below are suggestions pupils might like to try at home either on their own or with the family.

Each week I have suggested five activities to try if they fit in with your daily plans.

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Other recommended activity sites for key stage 1 children-

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Skipping <https://www.youtube.com/watch?v=vVctfW2OCyQ>

French skipping <https://www.youtube.com/watch?v=d2EhxsozHsk>

We are now able to exercise freely outside; are you still managing to find time for that walk, run or bike ride with your family?

Always make sure you are in a safe space and properly warmed up before you start doing any exercise.

If you are trying something new, always ensure you have an adult with you, have fun and keep moving.

At home		Monday	Tuesday	Wednesday	Thursday	Friday
Week 10 29/6/2020	Reception, Year 1 and Year 2 (At Home)	<p>MULTI-SKILLS</p> <p>home.jasmineactive.com email: parent@stgabriels-2.com Password: stgabriels</p> <p>As the weather has been very good, can you go on a seaside adventure?</p> <p>Watch the Video for day 22. Try any of the activities on day 22, these are based on balancing with a partner.</p> <p>Perhaps you could have a picnic tea if the weather is good.</p>	<p>CRICKET</p> <p>Have a game of French cricket with your family. You need a tennis racket or cricket bat and a soft ball for this game. One player stands with his legs together, and holds the bat in front of him, protecting his legs. Another player takes the ball and bowls it to the player, trying to hit his legs below the knees. All other players stand spaced around the batsman.</p> <p>The batsman is out if the ball hits his/her legs below the knees.</p> <p>The ball must be bowled from wherever it stops or lands. If the batsman hits the ball, he/she can turn to face the next bowler. You cannot turn around if the batsman does not hit the ball.</p> <p>The batsman scores a point for every ball hit.</p>	<p>HITT WORKOUT</p> <p>Check out Mrs Brazendale's online workouts and join in at home.</p> <p>Click on the Workout Wednesday links below:</p> <ul style="list-style-type: none"> Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9 	<p>TENNIS</p>  <p>Find a tennis ball and something like a washing basket (empty).</p> <p>Throw the ball overarm to try to get it into the target.</p> <p>Move the washing basket closer until you are successful and then start to move it further away.</p>	<p>ATHLETICS</p> <p>Throwing for distance (Only if you have a garden)</p> <p>Try a seated and a standing ball throw. This is like a football throw in. Can you put a marker where your ball touches the floor? Can you set up a family competition?</p> <p>If you only have indoor space try the same throws but with a pair of rolled up socks.</p>