

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 You Tube
- 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 3 4/5/2020	Athletics Week	<p>Shuttle Running Put a washing basket out in the garden. Ask someone at home for some items to put in it (socks, t shirts, hats, gloves etc).</p> <p>Ask someone to time how long it takes you to empty the basket, transferring one item from the basket to a finish line at a time.</p> <p>Can you beat the other members of your family?</p> <p>How can you make it harder?</p>	<p>Jumping How far can you jump? Set up a family competition.</p> 	<p>Distance Throwing (Only if you have a garden)</p> <p>Try a seated and a standing ball throw. This is like a football throw in.</p> <p>Can you put a marker where your ball touches the floor?</p> <p>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>	<p>Sports Day Set up a sports day for your family, you could show them some of the races we do at school.</p> <ul style="list-style-type: none"> • Running race • Egg and spoon race • Skipping race <p>Can you set up an obstacle course using things around the house?</p> <p>(Don't forget to put everything away when you have finished).</p>	<p>Bank Holiday Enjoy a walk with your family collecting unusual shaped leaves and stones as you go.</p> <p>Use your collection to make a picture when you get back home.</p>

YEAR 1

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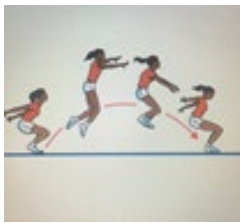
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Year 1		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 4/5/2020	Athletics Week	<p>Distance Throwing (Only if you have a garden) Try a seated and a standing ball throw. This is like a football throw in.</p> <p>Can you put a marker where your ball touches the floor?</p> <p>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>	<p>Jumping How far can you jump? Set up a family competition.</p> 	<p>Sprinting On your daily walk, see if you can find a space to practise your sprinting, (fast running).</p> <p>Find a start and a finishing line.</p> <p>How fast can you go?</p> <p>Perhaps mum or dad could time you.</p>	<p>Shuttle running Put a washing basket out in the garden. Ask someone at home for some items to put in it (socks, t shirts, hats, gloves etc).</p> <p>Get someone to time how long it takes you to empty the basket, transferring one item from the basket to a finish line at a time.</p> <p>Can you beat the other members of your family?</p> <p>How can you make it harder?</p>	<p>Bank Holiday Sports Day Set up a sports day for your family, you could show them some of the races we do at school.</p> <ul style="list-style-type: none"> • Running race • Egg and spoon race • Skipping race <p>Can you set up an obstacle course using things around the house?</p> <p>(Don't forget to put everything away when you have finished).</p>

YEAR 2

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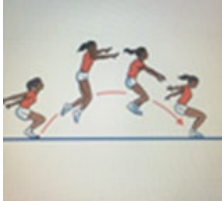
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Year 2		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3 4/5/2020	Athletics Week	<p>Distance Throwing (Only if you have a garden) Try a seated and a standing ball throw. This is like a football throw in.</p> <p>Can you put a marker where your ball touches the floor?</p> <p>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>	<p>Sprinting On your daily walk, see if you can find a space to practise your sprinting (fast running).</p> <p>Find a start and a finishing line.</p> <p>How fast can you go?</p> <p>Perhaps mum or dad could time you.</p>	<p>Shuttle Running Put a washing basket out in the garden. Ask someone at home for some items to put in it (socks, t shirts, hats, gloves etc).</p> <p>Get someone to time how long it takes you to empty the basket, transferring one item from the basket to a finish line at a time.</p> <p>Can you beat the other members of your family?</p> <p>How can you make it harder?</p>	<p>Jumping How far can you jump?</p> <p>Set up a family competition.</p> 	<p>Bank Holiday Sports Day Set up a sports day for your family, you could show them some of the races we do at school.</p> <ul style="list-style-type: none"> • Running race • Egg and spoon race • Skipping race <p>Can you set up an obstacle course using things around the house?</p> <p>(Don't forget to put everything away when you have finished).</p>