

RECEPTION AND YEAR 1 (IN SCHOOL)

The activities below are a suggestion of what you might like to try either at home or at school with your teacher. Each week there will be suggested activities to try if they fit in with your daily plans. Each child needs their own bean bag.

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 6 1/6/2020	Reception & Year 1 in School	<p>RESPONDING TO INSTRUCTIONS AND SOCIAL DISTANCING PRACTICE</p> <p>1) Warm-Up (Teacher says / Simon Says) Pupils wait in an area to hear instructions from teacher. Teacher says 'walk backwards' or 'teacher says - run'. Pupils should <u>only</u> do the instruction if 'teacher says' is said first.</p> <p>2) After warming up cones are placed in the area. Pupils then travel around the area using different movements which animals make. This could be a crab, frog, rabbit, kangaroo, etc. Pupils should try to move around the cones not touching them and keeping their distance.</p> <p>3) Follow the leader (2 m distance). Pupils are put into pairs with a leader. Pupils now have to follow the leader's movement around the area.</p> <p>If a pair touch a cone they have to freeze for ten seconds before moving on again. Pupils can do both animal and any other movements they have practised before. Change the leader. Cool-Down: Pupils walk around the cones to cool down and relax.</p>	<p>RESPONDING TO INSTRUCTIONS</p> <p>1) Warm Up: Traffic Lights Pupils move around the area when the pupil holds up the red cone the pupils stop. If the teacher holds up a yellow cone the pupils run on the spot. If the teacher holds a green the pupils continue to move around the area.</p> <p>2) Play the body parts game below. Mark out a playing grid with cones. Travel using a variety of methods, run, jump, sidestep, backwards etc. Call a body part and the children have to hold a still shape with that body part touching the floor.</p> <div style="text-align: center;">  </div> <p>3) Cool Down: Pupils walk, stretch up high and stretch down low.</p>	<p>SPRINTING</p> <div style="text-align: center;">  </div> <p>Teaching points</p> <ul style="list-style-type: none"> - Eyes focused on one spot straight ahead, tunnel vision - Head in line with the spine and held back and still - Back straight leaning slightly forward not upright - Elbows at right angles - Smooth forward-backward action of the arms, not across the body - Hands and shoulders relaxed, fingers loosely curled letting the air pass through - High knee lift - Quiet landing on balls of feet each stride <p>Long strides rather than short steps</p> <p>Practice the techniques above before having some fun sprint races. Make sure the children race against someone of a similar ability. Use coloured cones to ensure children run in a straight line</p>	<p>HOPSCOTCH</p> <p>In the junior playground practice jumping on the circular number markers.</p> <p>Can children do five rebound jumps going from 1-5.</p> <p>On the hopscotch markings practice one foot to two feet jumps (hopscotch).</p> <p>Using a stone each, have a game of hopscotch.</p> <p>https://www.wikihow.com/P lay-Hopscotch</p>	<p>THROWING FOR DISTANCE</p> <p>Give the children one bean bag each from the dining room. <i>(As the bean bags have not been used for ten weeks they will no longer be carrying any contamination).</i></p> <p>Make sure they keep their own bean bag for the session.</p> <p>Practice their individual throwing and catching.</p> <p>Target throwing underarm into a hoop.</p> <p>Overarm throwing for distance- set up a competition for the longest throw.</p>

RECEPTION, YEAR 1 AND YEAR 2 (AT HOME)

The activities below are a suggestion of what you might like to try at home either on your own or with your family. Each week there will be five activities to try if they fit in with your daily plans.

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-

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Zumba Kids on YouTube

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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 6 1/6/2020	Reception, Year 1 and Year 2 At home	<p>MULTI-SKILLS</p> <p>Could you practice a skill that you have got better at during lockdown. Send in a photograph or a video on showbie.</p> <p>Maybe you have learnt to skip or ride your bike better. Remember, practice makes perfect.</p>	<p>CRICKET</p> <p>The Bean Game This is a game to play with your family.</p> <p>1) Begin by walking around the room in any direction, or you could play initially on the spot.</p> <p>2) On the various commands listed below, children carry out the appropriate action:</p> <p>JUMPING BEAN - Jump around the room RUNNER BEAN - Run on the spot BROAD BEAN - Walk around taking as large strides as possible BAKED BEAN - Lie on floor and sunbathe JELLY BEAN - Wobble like a jelly FROZEN BEAN - Stand very still STRING BEANS Stand on the spot, making yourself as long and thin as a piece of string FRENCH BEANS Stand in one spot and do the can-can FLAT BEANS You can use this at the end of the activity the children lie flat on their backs.</p>	<p>HIT 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 	<p>TENNIS</p> <p>Play Cross the River</p>  <p>Find anything you have that is flat and that you can balance on. This could be three socks.</p> <p>You are only allowed to balance on the socks as you try to move across your garden or indoor space.</p> <p>This will help you with your balance whilst moving, turning and stretching.</p>	<p>ATHLETICS</p> <p>Sprinting</p> <p>Teaching points</p> <ul style="list-style-type: none"> - Eyes focused on one spot straight ahead - Head in line with the spine and held back and still - Back straight leaning slightly forward not upright - Elbows at right angles - Smooth forward-backward action of the arms (not across the body) - Hands and shoulders relaxed, fingers loosely curled letting the air pass through - High knee lift - Quiet landing on balls of feet each stride - Long strides rather than short steps. <p>Practice the techniques above before having some fun sprint races either in your garden or on your walk.</p>