

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
<p>Week 7 8/6/2020</p> <p>Reception & Year 1 in School</p>	<p>BODY PARTS GAME (as week one)</p> <div style="text-align: center;">  </div> <p>Pupils find a space in the area. The teacher asks them to move around the area. When the teacher calls out a body part, pupils must place that body part on the floor. After they have done this, the children start moving immediately.</p> <p>Using the bean bags from week 1, revise overarm throwing for distance.</p> <ol style="list-style-type: none"> 1) Practice balancing the bean bag on heads and travel around the space. 2) Can you balance the bean bag on any other body part? i.e. back, tummy, foot or shoulder. 3) Can you travel around the space by squeezing the bean bag between your knees and jumping? 4) Can you play the body parts game and balance the bean bag to prevent it touching the floor? 5) Play bean bag races using the skills above. 	<p>OUTDOOR EDUCATION</p> <p>Have a walk in the school grounds looking for interesting leaves, stones and sticks.</p> <p>Can you make an outdoor sculpture (Andy Goldsworthy style) to show your teacher something you have enjoyed in lockdown.</p> <div style="text-align: center;">  </div>	<p>THE BEAN GAME</p> <p>Make sure children have space to socially distance as they move.</p> <ol style="list-style-type: none"> 1) Begin by walking around the room in any direction, or you could play initially on the spot. 2) On the various commands listed below, children carry out the appropriate action: <p>JUMPING BEAN - Jump around the room</p> <p>RUNNER BEAN - Run on the spot</p> <p>BROAD BEAN - Walk around taking as large strides as possible</p> <p>BAKED BEAN - Lie on floor and sunbathe</p> <p>JELLY BEAN - Wobble like a jelly</p> <p>FROZEN BEAN - Stand very still</p> <p>STRING BEANS Stand on the spot, making yourself as long and thin as a piece of string</p> <p>FRENCH BEANS Stand in one spot and do the can-can</p> <p>FLAT BEANS You can use this at the end of the activity the children lie flat on their backs.</p>	<p>SIMON SAYS</p> <p>Try to make this game as active and as fun as possible, combining aerobic and stretching activities.</p> <p>Change directions quickly, some suggestions are jog on the spot, lift knees high, run around the room changing directions, skip around the room, touch your toes keeping legs straight, five tuck jumps on the spot, walk backwards, move sideways.</p>	<p>SHADOWS</p> <p>Players in pairs standing opposite each other with an allocated set amount of space (to ensure socially distanced).</p> <p>One player leads and moves in any way they can think of within their space.</p> <p>Try to encourage star, pencil and ball shapes.</p> <p>The other player follows. Change leader.</p> <p>Can they link 5 different shapes together which their partner can copy.</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.

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

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Other recommended activity sites for key stage 1 children-

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Zumba Kids on YouTube






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 7 8/6/2020	Reception, Year 1 and Year 2 At home	<p>OUTDOOR EDUCATION</p> <p>On your daily walk, can you look for interesting leaves, stones and sticks. Can you make an outdoor sculpture (Andy Goldsworthy style) to share with your teacher online, showing what you have enjoyed in lockdown.</p>  	<p>CRICKET</p> <p>Catching and throwing. Find a space to play catch. Try and work on your accuracy and technique.</p> <p>Can you catch a ball against a wall?</p> <p>Can you catch the ball from a family member?</p> <p>Try and do 30 x in a row.</p> <p>Can you move further away?</p> <p>Can you catch for a minute?</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 • Week 6 	<p>TENNIS</p> <p>You will need a ball for this activity.</p>  <p>Throw the ball to a partner or against a wall. Send it high, then at waist level and then very low.</p> <p>Can you catch it after one bounce or even with no bounces at all.</p>	<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>1)</p> 

							2)  3)  How far can you jump?
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