

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.

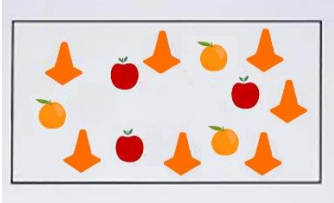
Andy's wild workouts on BBC iPlayer

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 8 15/6/2020	Reception & Year 1 in School	<p>MULTI-SKILLS CAROUSEL</p> <p>Children are organised into pairs. Set up five activity stations.</p> <ol style="list-style-type: none"> Slalom - using 5 or 6 cones about a metre apart set up a small course, with a line at the end of the course. Hop Scotch - set up a simple hop scotch grid (using hoops). Obstacle Course - set up a mini course using any equipment and markers you have. Sprint against their partner. Throw a bean bag for distance against their partner. 	<p>CROSS THE RIVER</p> <p>Mark out an area of play</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;">10 - 20 m</div> <p>Teacher stands at one side, children may cross the river and return if they can fulfil the instruction criteria (examples are given below).</p> <p>Cross the river if:</p> <ul style="list-style-type: none"> you have brown eyes you can skip you can walk like a bear you have a sister you are wearing blue etc. 	<p>VIDEO RECORDER</p> <p>Children respond to the following video controls, using the appropriate actions:</p> <p>Play - walk around Rewind - run / walk backwards Fast Forward - run Pause - jump on the spot Stop - stop Eject - Jump Up! Record - Pull a funny face, strike a pose!</p>	<p>SHARKS</p> <p>You will need one hoop for each pupil. Have a set of hoops scattered about the floor, with children moving about:</p> <p>Swimming. The stroke can be changed for older children, e.g. front crawl, run forwards Back stroke - run backwards. Side stroke - side stepping</p> <p>When the teacher shouts “sharks”, the children must get into hoops as quickly as possible (1 child to a hoop).</p> <p>Remove one hoop each time you shout “sharks”, and ask the children to help when they are out to still make them feel part of it.</p> <p>This is a great game to encourage use of space, use eyes and change direction if you see someone coming too close to you.</p> <p>Also practice jumping into and out of individual hoops (two footed take off).</p> <p>Also practice skipping with a hoop on the spot and moving forwards. Year 1 could also try skipping backwards.</p> <p>Could you have a skipping race?</p>	<p>FRUIT SALAD</p>  <p>Set out cones in the shape of an athletics track modified to the space (one cone per pupil).</p> <p>Each alternate child is an apple or orange, when their fruit is called out they run clockwise around the circle until they get back home. Vary the commands:</p> <ul style="list-style-type: none"> apples walk oranges skip apples hop oranges backwards etc. <p>On the command FRUIT SALAD everyone gets up and does 3 laps of the track before sitting down back at their base.</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

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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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 8 15/6/2020	Reception, Year 1 and Year 2 (At Home)	<p>MULTI-SKILLS</p> <p>Ask mum or dad to play SIMON SAYS with you. You must only do the activity if the instruction "SIMON SAYS" is given.</p> <p>Try to make this game as active and as fun as possible, combining aerobic and stretching activities. Change directions quickly, some suggestions are:</p> <ul style="list-style-type: none"> • Jog on the spot • Lift knees high • Run around the room • Change direction • Skip around the room • Touch your toes keeping legs straight • Five tuck jumps, on the spot • Walk backwards • Move sideways • Etc. 	<p>CRICKET</p> <p>Target Throwing</p> <p>Find a target – it could be a wall, a bucket or whatever you have at home.</p> <ul style="list-style-type: none"> • How many times can you hit the target? • Try to beat YOUR score or challenge yourself by moving further away each time. • Find someone at home to practice throwing with you • How accurate are you? • How far apart can you go? 	<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 • Week 7 	<p>TENNIS</p> <p>You will need a ball for this activity.</p>  <p>Here we are practicing different take off and landings.</p> <p>Practice kangaroo jumps, frog jumps, bunny jumps. Can you take off from one foot and land on two? Can you take off from two feet and land on one? Can you hopscotch? How is your hopping?</p>	<p>ATHLETICS</p> <p>Design an obstacle course using things you have in the garden or the house.</p>  <p>Year 2 pupils, please send a photo or video of your course on Showbie?</p> <p>If mum or dad is available could they time how long it takes you to race through your course?</p> <p>See if you can improve your time.</p>