

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 9 22/6/2020	Reception & Year 1 in School	<p>SEEK YOUR SPOT</p> <p>Each child has a marker/hoop and puts it into a space and sit on their own marker. A few children are initially chosen to leave marker and walk/run around, until signalled to return to their marker. (Teachers can develop this by adding different ways of travelling e.g. bouncing, giant strides, gallops, monkey walks etc.)</p> <p>FISHES</p> <p>Half the group remain seated, as rocks, whilst the other half tip-toe (swim like fish in a rock pool) in and out of the seated children, avoiding the rocks. (Teachers may choose to split the teams into groups called Nemo and Marlin).</p> <p>The Tide is Coming In</p> <p>Children must hop, skip and jump on the beach between the sandcastles, when the teacher calls “the tides coming in” children hop, skip and jump back to the safety of their markers. Last one back could be out if the teacher makes this an elimination game.</p>	<p>JUMP ROPE</p> <p>The teacher collect a long rope from the sports hall cupboard. The rope is ideally operated by two members of staff or the rope is tied to a tree/bench if only one member of staff is present. Children:</p> <ul style="list-style-type: none"> • Jump the wriggly snake • Jump the rope as it swings backwards and forwards • The teacher turns the rope, can the children run under the rope? • Children practice jumping on the spot without the rope. • Children try jumping on the spot as the rope is turned by the adults. <p>Who can jump the rope the most times?</p> 	<p>ROCK PAPER SCISSORS</p> <p>Children set a shape for each category:</p> <ul style="list-style-type: none"> • Rock = a ball shaped balance • paper = tall flat shape • scissors = star shape <p>Let the children come up with their own ideas and choose the best.</p> <p>Half the class are KINGS in their castle (a hoop). The remainder are the CHALLENGERS for the castle. Each challenger picks a king to challenge (keeping 2m distant).</p> <p>The teacher explains the rule of counting to three together before making their shape.</p> <ul style="list-style-type: none"> • Paper beats rock • Rock beats scissors • Scissors beats paper <p>If the king wins they keep their castle and the challenger moves to another king.</p> <p>If the challenger wins, they become the king of the castle and the king has to become the challenger.</p>	<p>6 X 10 M SHUTTLE RUNS</p> <p>After a warm up using any of the games already covered, the teacher sets up cones 10 metres apart.</p> <p>Time the children running to touch each cone with their feet until they have completed 6 x 10m.</p> <p>Children with equal ability, race against each other.</p> <p>For the cool down, the children play sleeping lions (keeping a 2m distance).</p>	<p>TRAFFIC LIGHTS</p> <ul style="list-style-type: none"> • Green: children steer their cars in and out of everyone else with quick little running steps • Amber: children steer their cars in and out of everyone else with slow creeping steps • Red: children stop the car and put the brake on. <p>Call out the colours or hold up quoits.</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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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 9 22/6/2020	Reception, Year 1 and Year 2 (At Home)	<p>ROCK, PAPER, SCISSORS</p> <p>Children set a shape for each category:</p> <ul style="list-style-type: none"> Rock = a ball shaped balance paper = tall flat shape scissors = star shape <p>Children come up with their own ideas and all agree on the best. The players count to three together before making a shape.</p> <ul style="list-style-type: none"> Paper beats rock Rock beats scissors Scissors beats paper <p>Play the best of five turns. The winner sets a forfeit for the runner up i.e.</p> <ul style="list-style-type: none"> 10-star jumps 10 throws and catches 5 sit ups 5 bounces of the ball on a tennis racket. 	<p>CRICKET</p> <p>Batting</p> <p>If you have a cricket bat or a tennis racket at home, practice sending the ball away by hitting it along the ground.</p> <p>To practice further children can try to hit the ball to score on a target.</p> <p>If children have someone they can play with take it in turns to be the bowler and the batter.</p> <p>Also, if you have the time you could make a cricket game between you and your family.</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 	<p>TENNIS</p>  <p>Children throw and catch the ball above the head in a variety of ways: throw the ball underarm and catch it with two hands or with one hand if they can.</p> <p>Can children throw the ball into the air and clap before they catch it? How many claps can they do?</p> <p>If children find this hard with a ball, they can try doing it with a balloon.</p>	<p>ATHLETICS</p> <p>Slalom Runs</p> <p>Children perform a warm up outside in the garden or on your walk. You could use some of the movements below.</p> <ul style="list-style-type: none"> Jog Stride Kick backs High knees Side step Backwards Hands and feet <p>Set up a slalom course like this using anything you can find e.g. socks</p> <p>Children practice getting around the obstacles as quickly as they can.</p> <p>Can the children ask a family member to time them</p>