

ST GABRIEL'S RECEPTION

The activities below are just a suggestion of what children might like to try at home.

Don't forget to join in with the daily PE class at 9am with JOE WICKS You tube – The body coach TV

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>

Don't forget 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 1 22/4/2020	Agility week home.jasmineactive.com Log in details available from staff			Sign into jasmineactive and try any of the day 1 activities based around a one leg balance. Press the video camera icon for further instructions	Sign into jasmineactive and try any of the day 2 activities based around a one leg balance. Press the video camera icon for further instructions	Sign into jasmineactive and try any of the day 3 activities based around a one leg balance. Press the video camera icon for further instructions
Week 2 27/4/2020	Cricket week	Catching Using a large ball or a balloon throw it into the air (as high as your head) and catch it. Can you throw it any higher and still catch it? How many catches can you do?	Catching and throwing. Find a space to play catch. Try and work on your accuracy and technique. Can you catch a ball against a wall? Can you catch the ball from a family member? Try and do 10 x in a row. Can you move further away? Can you catch for a minute?	Target throwing <ul style="list-style-type: none"> • Find a target: Could be a wall, a bucket or whatever you have at home. • 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 your throws with: How accurate are you? How far apart can you go? 	Batting Using a cricket bat or a tennis racket could you set out an obstacle course in the garden or a large room in the house. Using your bat could you hit the ball gently to take it in and out of the obstacles. Ask mum or dad to send the ball underarm so that you could try to hit it back.	French cricket Have a game of French cricket with your family. You need a tennis racket or cricket bat and a soft ball for this game. One player stands with his legs together, and holds the bat in front of him, protecting his legs. Another player takes the ball and bowls it to the player, trying to hit his legs below the knees. All other players stand spaced around the batsman. The batsman is out if the ball hits his/her legs below the knees. The ball must be bowled from wherever it is stopped or lands. If the batsman hits the ball, he can turn to face the next bowler. He cannot turn around if he does not hit the ball. The batsman scores a point for every ball hit.

ST GABRIEL'S YEAR 1

The activities below are just a suggestion of what children might like to try at home.

Don't forget to join in with the daily PE class at 9am with JOE WICKS You tube – The body coach TV

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>

Don't forget 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.

Year 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 22/4/2020	Agility week home.jasmineactive.com Login details available from staff		Sign into jasmineactive and try any of the day 4 activities based around jumping and landing. Press the video camera icon for further instructions.	Sign into jasmineactive and try any of the day 5 activities based around jumping and landing. Press the video camera icon for further instructions.	Sign into jasmineactive and try any of the day 6 activities based around jumping and landing. Press the video camera icon for further instructions.	
Week 2 27/4/2020	Cricket week	Catching and throwing. Find a space to play catch. Try and work on your accuracy and technique. Can you catch a ball against a wall? Can you catch the ball from a family member? Try and do 20 x in a row. Can you move further away? Can you catch for a minute?	Catching Using a ball throw it into the air (as high as your head) let it bounce and then catch it. Can you throw it any higher and still catch it? Can you catch it without a bounce? How many throws and catches can you do without the ball touching the floor?	Target throwing <ul style="list-style-type: none"> • Find a target: Could be a wall, a bucket or whatever you have at home. • 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 your throws with: How accurate are you? How far apart can you go? 	Batting If you have a cricket bat or a tennis racket at home, practice sending the ball away by hitting it along the ground. To practice further you could try to hit the ball to score on a target. If you have someone you could play with take it in turns to be the bowler and the batter. You could make a cricket game between you and your family.	French cricket Have a game of French cricket with your family. You need a tennis racket or cricket bat and a soft ball for this game. One player stands with his legs together, and holds the bat in front of him, protecting his legs. Another player takes the ball and bowls it to the player, trying to hit his legs below the knees. All other players stand spaced around the batsman. The batsman is out if the ball hits his/her legs below the knees. The ball must be bowled from wherever it is stopped or lands. If the batsman hits the ball he can turn to face the next bowler. He cannot turn around if he does not hit the ball. The batsman scores a point for every ball hit.

ST GABRIEL'S YEAR 2

The activities below are just a suggestion of what children might like to try at home.

Don't forget to join in with the daily PE class at 9am with JOE WICKS You tube – The body coach TV

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>

Don't forget 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.

Year 2	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 22/4/2020	Agility week home.jasmineactive.com Please ask staff for log in details		Sign into jasmineactive and try any of the day 7 activities based around a seated balance. Press the video camera icon for further instructions. Definitely try the throw the fruit game	Sign into jasmineactive and try any of the day 8 activities based around a seated balance. Press the video camera icon for further instructions. Try monkey tricks.	Sign into jasmineactive and try any of the day 9 activities based around a seated balance. Press the video camera icon for further instructions. Try monkey mirror.	
Week 2 27/4/2020	Cricket week	Catching Using a ball throw it into the air (as high as your head) and catch it. Can you throw it any higher and still catch it? How many claps can you do and still catch it? Can you have a family clap/catch competition?	Catching and throwing. Find a space to play catch. Try and work on your accuracy and technique. Can you catch a ball against a wall? Can you catch the ball from a family member? Try and do 30 x in a row. Can you move further away? Can you catch for a minute?	Target throwing <ul style="list-style-type: none"> • Find a target: Could be a wall, a bucket or whatever you have at home. • 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 your throws with: How accurate are you? How far apart can you go? 	Batting If you have a cricket bat or a tennis racket at home, practice sending the ball away by hitting it along the ground. To practice further you could try to hit the ball to score on a target. If you have someone you could play with take it in turns to be the bowler and the batter. You could make a cricket game between you and your family.	Have a game of French cricket with your family. You need a tennis racket or cricket bat and a soft ball for this game. One player stands with his legs together, and holds the bat in front of him, protecting his legs. Another player takes the ball and bowls it to the player, trying to hit his legs below the knees. All other players stand spaced around the batsman. The batsman is out if the ball hits his/her legs below the knees. The ball must be bowled from wherever it is stopped or lands. If the batsman hits the ball, he/she can turn to face the next bowler. You cannot turn around if the batsman does not hit the ball. The batsman scores a point for every ball hit.