

Let's Get Active!

Do one fine motor and one gross motor skills activity every day!

Choose from the ideas below or repeat a favourite from last week. Remember that you can do each of them more than once.

Gross Motor Skills Activities		
Move like an animal! You could hop like a frog, wriggle like a worm, stomp like an elephant or sprint like a cheetah. Can you think of any others? Look at the cards on the school website for more ideas.	Go outside and use water and a brush to 'paint' giant letters on a wall, fence or on the ground. Remember to take your letter formation card to help you!	See how many star jumps you can do in one minute. Have a rest then try to beat your score. Now try with bunny hops!
Play 'Simon Says'. Make sure you are using every part of your body for the actions.	Ask an adult to draw a long wiggly line with your chalk. Walk along it, hop along it and jump along it.	Clear a big space and army crawl across it.
Join in with a Joe Wicks Body Coach PE Session https://www.youtube.com/channel/UCAXW1XTOiEJo0TYlRfn6rYQ		

Fine Motor Skills Activities		
Use your playdough to make the letters in your name. Remember to roll, pinch and squeeze the dough to use all of the muscles in your hands.	Draw a picture or find a picture in a magazine. Use scissors to turn it into a jigsaw and challenge someone else to put it back together.	Put a thin layer of salt, sand, soil or something similar in a tray. Use a finger to draw patterns and letters. There are some pattern ideas below.
Use a small spoon to scoop water from one bowl into another. Try not to spill! How long did it take you to move all of the water? Can you beat your time? Try with a big spoon. Is it easier or harder?	Find a piece of scrap paper. Tear in half, then half again. Keep going until you can't make the pieces any smaller. Use your snappy fingers to pick them up and put them in the bin.	Go into the garden and use scissors to snip some flowers, grass and leaves – ask an adult first! Use them to make a magic potion. You could squash them, mix them in water or gently pull the flowers into their different parts.

Mark Making Pattern Ideas

