

# Let's Get Active

## Week 6

### Letter Formation

This week we are looking at the Zig Zag Family. Please watch and follow the video on the website. You will need a pencil and paper. Doing this daily will really help you with your letter formation!

### Do a fine motor or gross motor skills activity every day!

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

Write your name as big as you can (chalk may be best). Then write your name as small as you can using a pencil. Make sure you are holding your pencil correctly! Can you write your surname as well?	Throw a small object (e.g. ball, cuddly toy, etc.) into an empty, open cereal box. How far can you stand away from the box and still get the object in?	How many times can you fold a piece of paper in half? Make sure the corners match up!
Play with someone in your house: roll the dice. The other person chooses a form of exercise that you have to do that many times. Then swap!	Draw as many small shapes as you can on a piece of paper. Cut the shapes out as neatly as you can! How many shapes have you got?	Walk around with a spoon balanced on your head. How long can you keep it balanced there for? Can you balance spoons on any other parts of your body?