

# Let's Get Active

Week Beginning: 25<sup>th</sup> January 2021

## Prep for PE!

This week your challenge is to practise taking off your shoes and socks and then putting them back on again.

## PE

Practise throwing and catching a ball (or another object). When you catch a ball, make sure you hold out both hands, showing the other person you are ready to receive it. When you throw the ball, make sure that you look at the other person's hands, so you can aim accurately. Then practise throwing with just one hand.

## Fine Motor and Gross Motor Skills

Choose an activity to do every day from the selection below. Remember that you can do each of them more than once.

Using your chalk, draw big patterns on the floor outside (lines, waves, swirls, etc.). Start at one end and walk, run, and hop on the lines.	Knock over a plastic bottle using an object e.g. a ball, cuddly toy, etc. If you have enough plastic bottles, make your own ten pin bowling!	Make a paper chain by cutting up thin strips of paper. How small can you make the links?
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!	How high can you throw an object (e.g. a ball) in the air?	Walk around with a cuddly toy balanced on your head. How long can you keep it balanced there for?