

Let's Get Active

Week Beginning: 18th January 2021

Prep for PE!

This week your challenge is to practise putting on your hat, scarf and gloves all by yourself.

PE

Move around a space in different ways e.g. running, hopping, skipping, jumping, crawling. Make sure you have a go changing your direction and speed.

Then aim and throw a ball (or a cuddly toy, scrunched up paper, etc.) into a bucket (or a bowl, bin, etc.). How far back can you stand and still get it in the target?

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.

Weave a piece of string in and out of a colander.	Complete a colouring picture. Make sure you are holding your pencil/pen the correct way!	Make a paper aeroplane. How far can you get it to fly?
Join in with the 'Wake Up Shake Up' video: https://youtu.be/_A7AYOsuSvU	Roll a dice and do that number of star jumps, hops, etc.	Jog on the spot with a cushion on your head. How long can you keep it balanced there for?