

Let's Get Active

Week Beginning: 11th January 2021

Prep for PE!

This week your challenge is to practise zipping up your coat 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 roll a ball to a partner – make sure you look at the person who you are rolling the ball to. Then put your hands out to receive the ball from your partner.

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.

On a piece of paper, draw a spiral. Using scissors, cut your spiral out making sure that you stay on the line.	Using two spoons, transport objects (sweets, rice, beads, counters, etc.) from one bowl to another. How many can you do in a minute?	Complete a jigsaw puzzle! Tell someone at home what you can see in the completed picture.
Listen to your favourite song and make a dance routine. Think carefully about your movements and try to include some balancing.	Roll a dice and do that number of star jumps, hops, etc.	Walk around with a cushion balanced on your head. How long can you keep it balanced there for?