

Let's Get Active

Week Beginning: 8th February 2021

Prep for PE!

This week your challenge is to practise getting dressed and undressed all by yourself. Make sure you put on your hat, scarf and gloves. Then put on your coat and zip it up.

PE

Pass a ball to a partner by striking it with your foot.

Remember to use the inside of your foot when passing the ball. Make sure you are looking where you would like the ball to go when you pass it.

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.

Write your name as big as you can (chalk might be best). Then write your name as small as you can using a pencil. Make sure you hold it correctly.	How many times can you fold a piece of paper in half? Make sure the corners match up!	Have a go cutting up your dinner all by yourself.
Draw a picture on someone's back using your finger. Can they guess what you have drawn?	How many pairs of socks can you put on your feet, by yourself? You may need to use grown-up socks too! Take them off and then match them up.	How long can you keep a piece of paper or magazine balanced on your head? Try walking around, keeping it balanced.