

Let's Get Active

Week Beginning: 22nd February 2021

Prep for PE!

This week your challenge is to make sure you can get yourself undressed and dressed all by yourself!

PE

Join in with the Moana Cosmic Yoga video.
This can be found on the school website!

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.

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 high can you throw an object (e.g. a ball) in the air?	How many paper clips can you join together to make a paper clip chain?
How long can you balance on one leg? Can you balance longer using your other leg? Does holding your arms out make a difference?	Help a grown-up hang out the washing using pegs.	Have a go cutting up your dinner all by yourself.