

Let's Get Active

Week 5

Letter Formation

This week we are looking at the One Armed Robot Family. Please watch and follow the video on the website. You will need a pencil and paper.

Doing this daily will really help you with your letter formation!

Do a fine motor or gross motor skills activity every day!

Choose from the ideas below or repeat a favourite from previous weeks.

Remember that you can do each of them more than once.

Completing a colouring picture. Make sure you are holding your pencil/pen the correct way!	Knock over a plastic bottle using an object e.g. a ball, cuddly toy, etc. If you have enough plastic bottles (or kitchen roll tubes, etc.) make your own ten pin bowling!	Make a paper aeroplane. How long can you get it to fly for?
Roll a dice and do that number of star jumps, hops, jumps, etc.!	Make a paper chain by cutting up thin strips of paper. How small can you make the links?	Walk around with a cuddly toy balanced on your head. How long can you keep it balanced there for?