

# Let's Get Active

Week Beginning: 1<sup>st</sup> March 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 Trolls 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.

Play a ball game with somebody in your house.	Make up your own dance routine to music.	Make a pasta bracelet or necklace using penne pasta. Thread the pasta onto a piece of string. You could even paint the pasta first.
When you go on a family walk, can you find some sticks? When you get home, you could make a wand by wrapping string, wool, or material around it.	Write your name and any other words with your chalk or water and a paintbrush outside on a wall or floor.	Sing an action song: Head, Shoulders, Knees and Toes.  Make sure you do all of the actions!