

# Let's Get Active

Week Beginning: 1<sup>st</sup> February 2021

## Prep for PE!

This week your challenge is to practise getting dressed and undressed all by yourself.

## PE

Make sure you have done the Bean Warm Up!

Practise dribbling a ball with your feet. Make sure you use the inside of your feet, passing from one foot to the other.

## 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.

Using your chalk, draw a road on the floor for a toy car to go along.	Throw a ball into a container e.g. a bucket, washing up bowl, etc. How many times can you get the ball in the container in a minute?	Ask a grown-up for a pair of lace up shoes/trainers. With permission, remove the laces and then have a go putting them back.
Draw as many shapes as you can on a piece of paper. Colour the shapes in and then cut them out as neatly as you can. How many shapes do you have?	How high can you throw an object (e.g. a ball) in the air?	Walk around with a spoon on your head. How long can you keep it balanced there for? Can you balance spoons on other parts of your body?