

# Let's Get Active

## Week 4

### Letter Formation

This week we are looking at the Ladder 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.

Complete a jigsaw puzzle! Tell someone in your family what you can see in the completed picture.	Throw a ball into a container e.g. a bucket, washing-up bowl, etc.  Extra challenge: How many times can you get the ball in the container in 3 minutes?	Weave a piece of string in and out of colander.
Roll a dice and do that number of star jumps, hops, etc.	Ask a grown for a pair of lace up shoes/trainers. With a grown-ups permission, remove the laces and then have a go at putting them back!  Extra Challenge: Can you tie the shoe laces?	Jog on the spot with a cushion on your head. How long can you keep it balanced there for?