

Reception

PE Tasks - Thursday 14th January 2021 (Part 2)

Warm Up - Do each exercise for 30 seconds each (Can be repeated)

- Touch the floor at jump into the air
- Star jumps
- Running on the spot
- Stand on one foot (hold for 5 seconds. If confident, can build up to 10)

Main Activity - Skills technique. Jumping Patterns

Using the different types of jumps from Tuesday's lesson, you are going to choose 5 of these jumps and put them into a routine. See below of the list of jumps learnt previously:

- Jump forwards,
- Jump to the side
- Hopping (one foot to the same),
- Two feet to one foot,
- Two feet to two feet
- Jump backwards,
- Jump diagonal
- Leaping (one foot to the other),
- One foot to two feet

Once you have chosen your 5 moves, put it into a routine and practise.

Task 2:

Perform your routine to someone in your household. You can also have a go at teaching it to someone in your household.

Warm up and cool down stretches:



Tens Frame

Thursday 14th January

Writing Challenge



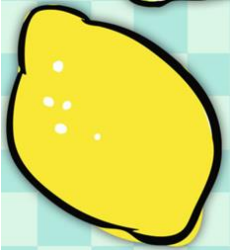
- Write about the picture above. Spend about 5-10 minutes on this. You could write some words to describe what you can see, a full sentence, or multiple sentences depending on what you are able to do!
- Use the key words that you know to help you.
- If you do not know how to spell a word, Fred Talk it independently.
- Form letters neatly.
- If you are using lined paper, sit letters neatly on the line.

14.01.21 Maths Challenge

Draw the right number of 1ps to buy the items from the fruit shop.



3p



5p



7p



10p