

# Tuesday 19<sup>th</sup> January

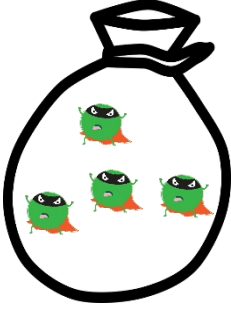
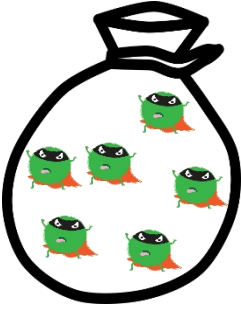
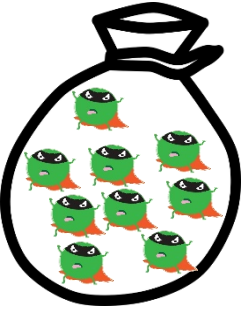

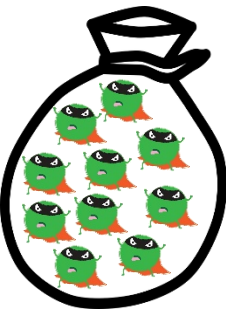
## Writing Challenge



- 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.

### Maths Task 19.1.21

- Look at a bag of peas then cover them over.
- Estimate how many peas you think there are and write the number.
- Count how many peas there are and right the number.
- Were you right? How close were you?

	Estimate how many peas there are	Count how many peas there are
		
		
		
		
		

## Reception

### PE Tasks – Tuesday 19<sup>th</sup> January – Lesson 3 Part 1

Do these warm up exercises on the spot:

- Jog on the spot for 1 minute
- High knees x 10
- Heel flicks x 10
- Ladder climbs x 10
- Repeat

Task 1: Place a rolled up towel on the floor. Stand at one side, in the middle of the towel and have a go at jumping over it. Take off on two feet and land on two feet. Can you do this 6 times? **This is called a speed bounce.**

How to set up your speed bounce:

- Use a rolled up towel and stand to one side, in the middle.
- Jump over the towel –remember to take off on two feet and land on two feet.
- Jump back over the towel to where you first started.



Task 2: Use the checklist to try and improve your jumping skills. Have another go at jumping over the towel. You could record yourself or ask someone at home to watch and help you. Now have a go at the 20 second challenge –how many jumps can you do in 20 seconds? Rest and have another go.

Checklist:

- ✓ Take off and land on two feet
- ✓ Bend your knees
- ✓ Use your arms for balance – lift them up when you are jumping
- ✓ Keep your head still – look forward
- ✓ Keep your back straight
- ✓ Fast feet – don't give up!

Cool down:

