

Reception

PE Tasks – Wednesday 6th January 2021

Warm Up:

Do 30 seconds of each exercise

- Jog on the spot
- Star jumps
- Hopping
- Standing jumps
- Touch the floor and jump in the air

Agility Challenge:

Place 2 objects at least 2 metres apart (ideally outdoors). For each challenge start in the middle of your two objects (the 'base').

- Move from the base, touch each object with your foot, then return to your base. Repeat 4 times.
- Repeat the activity, but touch each object with your hands instead.
- Try each task again, but this time record how long it takes you. Try to get faster each time.

Cool down:

Try some of the stretches in the picture below. Hold each one for 10 – 15 seconds if you can.

