

Reception

PE Tasks – Friday 8th January 2021

This is a follow on from Wednesday's session, so you may notice some similarities!

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:

As you did in the last session, place 2 objects at least 2 metres apart (ideally outdoors). For each challenge start in the middle of your two objects (the 'base').

- Start lying down on your back, touch each object with your foot or hands (whichever you find easier), then return to your base. Repeat 4 times.
- Try this again, but this time start lying on your front.

Choose some of the following ideas to change your activity:

- Change the way you move – you could hop/jump/skip/crawl to each object, or any other movement you can think of
- Change the order that you touch the objects
- Change the body part you use to touch the objects
- Change the number of times you need to touch each object
- Change the distance between the objects.

See how long you can keep going for!

Cool down:

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

