

## Reception

### PE Tasks – Tuesday 26<sup>th</sup> January – Lesson 4 Part 1

Do these warm up exercises on the spot:

- Jog on the spot
- Star jumps
- Hop on one leg and then the other
- Jump on the spot
- Climb the ladder
- Touch the floor and jump in the air

**Task 1:** Relay Fun! You will need five small items (pairs of rolled up socks or gloves will do) and a small box (like a lunchbox).

Depending on the space you have, place the box away from you so that you can run to it. Use something as a marker for your starting spot.



Pick up one item and run to your box. Place the item into the box and then run back to the starting spot. Pick up the next item and repeat until all items are in the box. Now run and pick up one item and bring it back to your starting spot. Repeat until all items have been collected and returned to the starting spot. Remember - you can only take one item at a time!

**Task 2:** How quickly can you put all the items in the box? Remember - you can only take one item at a time! Use your time as a personal challenge. Rest and try and beat it.

**Task 3:** How quickly can you take all the items out of the box? Remember - you can only take one item at a time. Use your time as a personal challenge. Rest and try and beat it. Which is fastest – putting items in the box or picking them up?

**Cool down:**

