

Reception

PE Tasks – Friday 29th January – Lesson 4 Part 2

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: Quickly practise the relay challenge again from the last lesson! 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: Hit the target. Now use your box as a target. Throw your items (change them for soft items if needed, for safety!) and try and hit the box or try and get them to land in the box. Practice this 5 times. Now have 5 attempts to throw the items into the box. If the items hit the box, award yourself 5 points. If the items go into the box, award yourself 10 points. How many points can you get? Remember – you can make this easier by moving closer to your target or make it harder by moving further away

Cool down:

