

## Reception

### PE Tasks – Thursday 11<sup>th</sup> February – Lesson 6 Part 2

Do these warm up exercises on the spot:

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

### **Beanbag throw**

**Task 1:** As you did in the last lesson, practice throwing the beanbag/socks/gloves to head height and catching it. Remember to throw with one hand and catch with two. Grab the beanbag/socks tightly when you catch it.



**Task 2:** Try at least 3 of these challenges:

**Challenge 1:** Try throwing with one hand and catching with the other.

**Challenge 2:** Try a one handed throw and catch (use the same hand).

**Challenge 3:** Can you walk around your base throwing with two hands and catching with two hands?

**Challenge 4:** Can you clap in between each catch or touch the floor?

**Challenge 5:** Try throwing and catching whilst doing the following: Walking, jogging, hopping and changing direction.

**Cool down:**

