

Reception

PE Tasks - Tuesday 12th January (Part 1)

Warm Up - Do each exercise for 30 seconds each (Can be repeated)

- Climb the ladder
- Star jumps
- Running on the spot

Main Activity - Skills technique. Jumping with two feet.

Task 1:

Create a base using a household item eg. Sock, gloves, hat etc.

Using two feet together for take-off and landing, try these different jumping sequences. Remember to bend your knees and use your arms (in a swinging motion) to support. **Remember to always do your jumps around your base.**

- Jump in front
- Jump backwards
- Jump to the side
- Jump diagonal

Practice and repeat the jumping pattern.

Task 2:

Now it is time to try some different jumps.

- Hopping (one foot to the same)
- leaping (one foot to the other)
- two feet to one foot, one foot to two feet and two feet to two feet.

Remember to jump back to your base after each jump!

Warm up and cool down stretches:

