





Reception

PE Tasks – Friday 5th February – Lesson 5 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.

Task 1: Following the last lesson on balancing, now think of another body part to balance the socks/gloves/bean bag on and have a go at moving around your room. Can you move around in different directions? Can you step in and out of a space without dropping your bean bag? Can you travel in different ways, without dropping it?

Task 2: Hungry Teddy! – Feed your teddy by throwing the socks/beanbag at it. You will need a teddy (the bigger the teddy, the easier the challenge). Practice throwing your socks/bean bag at the teddy. Try standing about 2 metres away from your teddy. Every time you hit the teddy, give yourself 10 points. Repeat this 5 times. Now try and move further away from your teddy and throw from different starting positions.

Hungry Teddy! Throwing at a target:

- ✓ Put your non-throwing foot forwards
- ✓ Keep your feet apart
- ✓ Swing your arm backwards and then forwards
- ✓ Take aim by looking at the target
- ✓ Point your arm and hand at the target



Cool down:

