

## Reception

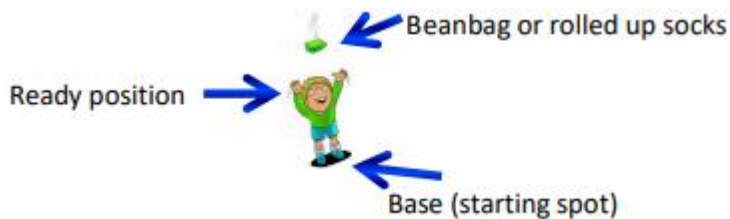
### PE Tasks – Tuesday 9<sup>th</sup> February – Lesson 6 Part 1

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:** You will need a pair of rolled up socks/gloves or a beanbag. Use another soft item as a marker for your base. Stand in the ready position.



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:** How many catches can you do in 30 seconds? Rest and repeat and try and beat your personal best. Remember to throw to head height.

**Task 3:** Target drop: Stand just behind your base. Can you throw your bean bag/socks/gloves up and get it to land on your base? (Use a soft item as a target – a cushion will do). Have 5 attempts to do this. How many times can you do this in 1 minute? This is your personal best. Try and beat it.

### **Cool down:**



## Maths Task 09.02.21

Use your 3D shapes to help you to fill in how many faces, edges and vertices there are.

	Faces	Edges	Vertices
Cylinder			
Sphere			
Cube			
Cuboid			
Cone			
Pyramid			