

Week Beginning 13th July 2020

Practise your aim!

Practise throwing, catching and kicking. If you start to find it easy maybe use a smaller ball, move further away from the other person when playing catch or aim for a smaller target.

Use items around your house to set yourself challenges, e.g. throwing balls (or socks!) into a laundry basket, make tunnels using paper or skittles out of toilet rolls!



You could make a paper aeroplane and practise throwing and aiming.

For ideas for ball games at home take a look at: <https://frugalfun4boys.com/indoor-ball-games-kids/>

EYFS: Personal, Social and Emotional/Communication and Language /Understanding the World/Expressive Art and Design/Physical Development

Exercising Online

Have a go at searching for these different energetic activities on YouTube:

- PE with Joe Wicks
- The Wiggles – Shake away the sillies
- Milkshake – Wake up and shake up
- Cosmic Kids Yoga - There are loads of different themed sessions, from Spiderman to Frozen.

EYFS: Physical Development/Understanding the World

Move your body!

Move around in different ways. Some ideas are:

- Put on your favourite song and dance!
- Move like an animal, can you slither like a snake or gallop like a horse?
- Sing some actions songs which move your body such as Heads, Shoulders, Knees and Toes or the Hokey Cokey.
- Play hide and seek –can you fit your body into different spaces?
- Play Simon Says, Musical Statues or Musical Bumps.
- Try keeping a balloon up in the air for as long as you can.
- Climb a tree if you can find one with low branches.
- If you go to the beach (and it's not too chilly!) jump in the waves!

EYFS: Understanding the World/Communication and Language/Physical Development/Expressive Arts and Design

Sport and Exercise!

How your body feels

Before you exercise take a moment to think about how your breathing feels, are you feeling hot or cold? Take some exercise and notice the effect it has on your body. Do you feel hotter? Do you feel sweaty? Is your breathing faster and can you feel your heart beating faster if you put your hand on your chest? Try to notice how your body feels when you are exercising.

EYFS: Personal, Social and Emotional/Understanding the World/Physical Development/Communication and Language

Races!

Have your own Sports' Day! You could compete in an egg and spoon race, a running race, even an obstacle race! Race against your family and see who comes first! You could even make medals to give out.



EYFS: Personal, Social and Emotional/Communication and Language/ Physical Development/Mathematics/Expressive Arts and Design/Literacy

Food as fuel

Talk about the different foods you eat together and how they keep you healthy, e.g. milk has calcium which is good for our bones and teeth.

Maybe you could try a new food this week? How many different colour foods are on your plate? You could try and 'eat a rainbow' by having a food of every colour one day.



EYFS: Physical Development/Personal, Social and Emotional Development