

Wednesday PE pm

Wednesday afternoon in school is our PE slot. We are keeping our core skills bubbling, and learning to play socially-distanced games.

Here's what we will be getting up to this week:

Socially Distanced Playground Games

Animal Walks

Move around the space while staying 2m apart.
Listen out for the different animal movements being called out.

Can you demonstrate these animal movements?

- a frog jumping
- a bunny hopping
- a crab walking
- a monkey walking
- a horse galloping
- a fish swimming
- an elephant stomping
- a cheetah running
- a butterfly flying
- a duck waddling

Can you think of any of more?



GET OUT AND PLAY

Outdoor activity circuit and reward tracker
www.theysmell.com

1. do 6 *star jumps*
2. roll across the grass on your side 10 times
3. take 15 giant steps forward
4. run to the nearest building (or built object) & back 3 times
5. hop on one foot 8 times - repeat with other foot
6. spin around with your arms outstretched 10 times
7. hop like a frog 7 times
8. take 15 giant steps backwards
9. walk like a crab to the nearest building (or built object) & back
10. jump up and down 14 times
11. walk like a bear to the nearest building (or built object) & back
12. take 15 giant steps sideways - repeat other side



Can you create your own activity circuit for others to try out?