

## EYFS PE

### **Week 1 – W/B – 27/4**

Below are a variety of exercises to try with your son/daughter to keep them moving whilst at home, feel free to join in with them to encourage them. You can do all of the activities in one go or choose to spread them out throughout the day/week.

**Activity 1; Cone touch** – find 4 items of different colours and place them in a square in your home or garden about 1 metre apart.

- Stand in the middle of the square
- Get a grown up to call out different colours
- Each time a colour is called you run to the colour and touch it and then go back to the middle of the square.
- Repeat this for 1 minute.

**Activity 2; Shape jumping** – No equipment needed (chalk if you have it)

- For this exercise you are going to make shapes by jumping.
- You must jump to make each point to make the shape. ( you can draw a line or mark out a line to make it easier)
- Shapes –
  - o Square
  - o Triangle
  - o Rectangles
  - o Circle
- For each shape, make the shape then go back over it the opposite way. Repeat each shape 2 times.
- The shape can be as big or as small as you want it to be.

**Activity 3; Reach for the sky (burpees)**

- Get your son/daughter to lay on the floor on their stomach
- Tell them they need to get up onto their feet
- Jump and reach as high as they can (for the sky)
- When they land they need to go back down onto their stomachs
- Repeat 10 times

**Activity 4; Cuddly toy catch**

- Pick a favourite toy (soft)
- Stand 1 -2 metres apart or further dependant on ability and confidence
- The space between you is a sea of lava or sharks.
- If you drop the toy in the lava you lose it. You have 3 lives.

**Challenges;**

- How many times can you throw and catch the toy in 1 minute?
- How many times can you catch or throw one handed?
- How many times can you throw or catch alternating your hands?

**HAVE A GO AND GOOD LUCK !!!!!**