



Year R Home Learning W/C 11.5.20

Topic: Castles

Physical Development

1. Try Miss Offer's PE challenge on Facebook and let Miss Offer know your score!

60 Second Challenge
Speed Bounce

The Physical Challenge
How many times can you bounce over a pillow in 60 seconds?
Both feet must land over the pillow for the jump to count.

#StayHomeStayActive

Equipment
A pillow
If you do not have a pillow, jump over a safe object!

Achieve Gold
80 Bounces

Achieve Silver
60 Bounces

Achieve Bronze
40 Bounces

Are you honest?
Only count the jumps that are completed properly.

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future

2. Practice tying shoelaces! A tip if your child is finding this difficult is to use two different coloured laces!
3. Watch the handwriting videos on Facebook. Practice writing the letters on Facebook. Make sure your tall letters are tall and low letters hang below the line. Don't take your pencil off of the page until you have finished your letter. Remember you don't have to write on paper – you could paint, chalk on the floor, write in rice with your finger etc. You could even put paper on the wall or on the underside of a table to change which muscles you are using!
4. Try your best to go on your daily exercise if you can! It is good for your mental and physical health. If it is raining, you can still watch Joe Wicks, GoNoodle or Cosmic Kids inside.

