



Year R Home Learning W/C 18.5.20

Topic: Castles

Physical Development

1. Try Miss Offer's next PE challenge on Facebook and let Miss Offer know your score [here](#)!

60 Second Challenge
Tap Up Tennis

Do you ask for help if you find it hard?

The Physical Challenge
How many times can you tap up a tennis ball on a racket in 60 seconds?
If the ball touches the floor, time continues but your score freezes until you start tapping again!

#StayHomeStayActive

Equipment
A tennis racket and a ball
If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold
60 Tap Ups

Achieve Silver
45 Tap Ups

Achieve Bronze
30 Tap Ups

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2. Practice ballroom dancing! Choose a piece of slow music and move around the room with a partner.
3. Continue to practice your letter formation, and remember that inside your yellow books there is a copy of the school font to help you!
4. Try this dance and exercise video from Les Mills (<https://youtu.be/GHCqRsRQwNU>)



5. Have a think about what is on your dinner plate – which types of food do you have? How could you make it healthier? Talk with your family about healthy foods and how they help us.

