



Year R Home Learning W/C 15.6.20

Topic: Water

Physical Development

1. Try Miss McKelvey's PE challenge on Facebook and let her know your score here <https://forms.gle/pxqaz3mqe5JVf8e48!>

60 Second Challenge
Step Ups

Can you keep concentrating on the step?

The Physical Challenge
How many times can you step up and down a step in 60 seconds?
You must step up and down with one foot at a time.
No jumping!
#StayHomeStayActive

Equipment
A step
If you do not have a step use a foot pouffe or a stool.

Achieve Gold
70 Step Ups

Achieve Silver
45 Step Ups

Achieve Bronze
30 Step Ups

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2. Dance along to this great GoNoodle video about bubbles!
<https://www.youtube.com/watch?v=JdBIXPWM8AI>
3. Listen to Carnival of the Animals
(<https://www.youtube.com/watch?v=XCBDIC0N8Rc&safe=true>) and see if you can move your body like different sea animals. Perhaps a grown up could say an animal and you could try to move your body in that way!

