



## Year R Home Learning W/C 29.6.20

### Topic: Water

#### **Physical Development**

1. Try Miss McKelvey's PE challenge on Facebook and let her know your score here:  
<https://forms.gle/vEiXKr1wxTqRLbQE9>.

**60 Second Challenge**  
**Squat Jumps**

Can you be honest when counting your score?

**The Physical Challenge**  
How many squat jumps can you perform in 60 seconds?  
Stand behind a line and jump forwards, perform a squat and repeat.

**#StayHomeStayActive**

**Equipment**  
Just yourself and enough space on the floor!  
Why not compete against a family member?

**Achieve Gold**  
30 Squat Jumps

**Achieve Silver**  
20 Squat Jumps

**Achieve Bronze**  
10 Squat Jumps

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2. Practise your fine motor control by carefully following lines with a pencil. You could print off the sheets on the website, or ask a grown-up to make you some! Highlighters pens are a fun way to make them as you can clearly see the lines and the pencil on top as well.

