



Home Learning Activities for PE **Week commencing 25.1.21**



Hello Explorers

It's February 1st today! The year is moving on so quickly! As it is Children's Mental Health Week I would like you to get outside every day this week. Perhaps you could complete your PE challenges outside, go for a walk, ride your bike, skip, play a game with your family, help in the garden, make a den and enjoy being outside. You may be able to think of something else to do. I like to walk, even when it is cold and I really find it makes me feel happy and I get home with a big smile on my face! Just like Mr Happy!

Once again we are going to be practising our throwing skills this week. I think it is very important to learn throwing, catching and aiming skills as these are used throughout PE at school.

Just like last week, try and have two sessions of practising the skills this week, just like us having two PE lessons together. This week I have added a **warm up** for you to try. It is going to be great fun as you use exercises from the Mr Men and Little Misses. Can you think of any more Mr Men? Can you think of an exercise for them?

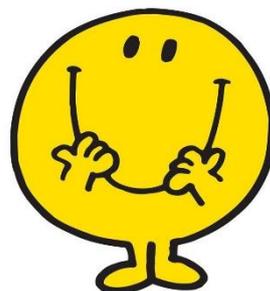
Mrs Goldsmith's Top Tips –

- Always make sure you have enough room to take part in the activities. Ask an adult to help you to find a safe place to work.
- Remember all our lessons would start with a warm up activity to get our bodies ready to work. Enjoy yours this week!

If you'd like to get in touch with me to let me know how you have been getting on or to ask me any questions you might have, please ask an adult to send an email to the office office@scole.norfolk.sch.uk and I will get back to you, or send a message via Mrs Wright and she will pass it on to me.

Take care, keep active and keep safe.

Mrs Goldsmith



MR. HAPPY

