



Home Learning Activities for PE **Week commencing 18.1.21**



Hello Explorers

I hope you are all keeping well and getting active at home.

Here are the PE home learning activities for the new week. We are moving onto practising the important skills needed across a range of activities in PE so this week it is catching.

Remember how I always talk about using your "big hands" and "watching the ball." We had some practise last term when we were playing the pirate games so ask an adult to help you find a ball or other object and try and have two sessions of practising the skills this week, just like us having two PE lessons together.

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. Perhaps you could put on your favourite dance music, jog around the room or play a simple game like Simon Says with an adult at home.

It is really important that we try and keep active during this time away from school and I know it is much more difficult as it is now winter and the weather is not ideal but you are all brilliant at PE and exercising so keep it up at home.

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

