



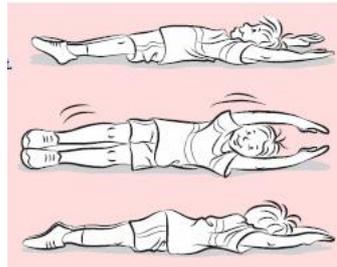
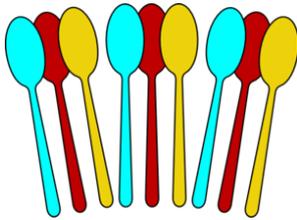
## Home Learning Activities for PE Week commencing 1.3.21



Hello Explorers

Have you all had a good week? Did you enjoy having a go at some of the gymnastics? I hope you practised the log roll as you can use this new skill this week, on one of your new PE Home Learning Challenges.

This week I have set you three challenges – **Shaky spoons**, **Rock and Roller** and **Ball Boy** challenge. They all work on our A, B, C's – or our agility, balance and coordination. As usual you will need a safe space to work in and an adult to help you and set up. Try not to make too much mess with the Shaky Spoons challenge! I certainly hope that one is lots of fun!



This week your warm up activity is "We're Going on a Bear Hunt!" Do you know the story? It is one of my favourites and great for PE activities and it links to World Book Day this week too.

I'd like you to retell the story with your actions and movements. With an adult (please ask to use the internet) watch and use the movements from this video of Michael Rosen telling the story. Can you improve the movements – think about how your legs would have to work hard to get through the squelchy mud, or how your arms would help you get through the swishy swashy grass. What would you do when you meet the bear?

Video link - [Michael Rosen performs We're Going on a Bear Hunt - YouTube](#)

Have fun with this and if you'd like to do some yoga this week here is the link to the Cosmic Kids Yoga session for "We're going on a Bear Hunt"

Yoga link - [We're Going on a Bear Hunt | A Cosmic Kids Yoga Adventure! - YouTube](#)

I am excited & looking forward to teaching PE to you all again. We will be starting our PE lessons outside so please make sure your PE clothing is warm and you are wearing your trainers. Our lessons will be all about our bat and ball skills this term, starting with tennis.

See you all soon.  
*Mrs Goldsmith*

