

Home Learning Activities for PE - Explorers & Pathfinders

Week commencing 8.2.21

Hello everyone

I hope you all enjoyed your PE home learning activities from last week. Well done to everyone in Pathfinders who worked hard to improve their best scores for the Norfolk Virtual School Games challenges. I hope you have sent in your results for me.

As it is the last week before half term I thought you could choose some activities to do this week so I have added a few different activities for you.

First you need to ensure you have a safe space to work in and then ask an adult if you can watch this quick clip on the internet to help you with this week's warm up activity.

[Animal Moves - YouTube](#)

Our warm up is all about moving in different ways, just like animals! I have given you some ideas below but I am sure you can think of some more. Maybe ask an adult to guess which one you are doing.

Elephant – I can stomp, use large steps, walk and run.

Cheetah – I can sprint, crawl, jump and change speed.

Parrot – I can fly, flap my wings, crawl and balance.

Flamingo – I can walk, fly, run & balance on one leg.

Frog – I can jump, hop and can change speed.

Snake – I can slither, crawl & move around objects.

Tiger – I can run, crawl, jump and change my speed.

Monkey – I can run, jump, move sideways, climb and balance really well.



After you have warmed up you can choose from some of the other activities I have added to the Home Learning page. Maybe you could do them all over a couple of days.

- *Balloon volleyball*
- *Complete the clock*
- *6 in a row*
- *Snakes and ladders*



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 so make sure you do your animal moves first.

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 or get in touch via your class teacher who will pass any messages onto me.

As always it is important to get outside too. Can you do any of the activities in the garden?

Have a lovely half term week and I will be back with more PE home Learning activities when we start back to school again.

Remember to have a great active week everyone, keep safe & get outdoors!

Mrs Goldsmith

