



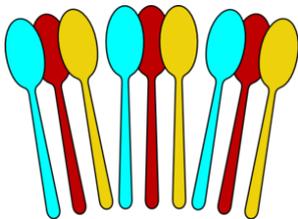
Home Learning Activities for PE Week commencing 1.3.21



Hello Pathfinders

Have you all had a good week? I hope you enjoyed the last Norfolk Virtual School Games challenges. Have you been able to get an adult to send your results into me? If not could you please send them as soon as possible so I can submit them to our local School Games Organiser. Thank you.

This week I have set you four challenges – **Shaky spoons**, **Tippy Toes**, **Shuttle Run** and **Tissue Dance**. These are a mixture of activities but 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. I have given **Shaky Spoons** to Explorers to try as well but it looks so much fun I knew you'd all like to have a go too! 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. If you have a brother or sister in Explorers you can do the warm up together.

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

