



P.E

Week 2

Reception, Year 1 and Year 2

Ball work:

~Ball and Body- moving a ball around different body parts with control.

~Passing and receiving- send and receive the ball along the ground.

~Hand eye coordination to strike ball multiple times

Skills:

Move the ball around the body from head to toe and vice versa. Now try a figure of 8.

Can you say the body parts when the ball passes that part?

Partner/sibling/parent- standing back to back move the ball between you using under and over, side to side, how many can you do in 60 seconds?

Move the ball up and down the space by rolling, right hand, left hand.

Can you pass the ball accurately using your feet?

Pass the ball using your left and right foot. How many can you do in 60 seconds?

Activity/Game:

Balloon/ball Volleyball- Either side of a line in seated positions.

Tap the balloon over the line trying not to let the balloon or ball hit the ground.

You can use multiple balloons/balls.

Keep sending back your P.E pictures. YOU'RE ALL DOING AMAZING!!

Mr Spadaccini