

# P.E. Fun – Reception

We would like to share the skills that we have been learning in P.E. this half term. Please talk to your child about the skills below and ask them to show you what they have learnt. You will be amazed! We would love to see your findings on tapestry.

## Balances

We have learnt how to show a standing balance, a 'curled' balance and a 'stretched' balance. We practised holding our balances for a few seconds.



## Shapes

We can demonstrate straight Shapes and star shapes.



## Skipping

To start with we practised this slowly, by moving hop, step, hop, step, hop, step.



## Hopping

We have practised hopping. We started by standing still and lifting one leg, knee towards chin and then we practised doing the same with the other leg. After that we practised hopping on the spot on one leg to reinforce our balance.



## Crossing the mid line

We have found out about crossing the mid line! E.g. 1. Tap your left hand on your right shoulder and vice versa. 2. While standing touch your left foot with your right hand and vice versa. We can draw a rainbow too!

## Bubbles

We have learnt how to work in a 'space bubble'. This means that we are working in our own space and keeping safe.