

P.E. Fun – Year One

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.

Bouncing a ball

We learnt how to bounce a ball. We used our fingertips to push the ball. How many bounces can you complete? Can you travel whilst bouncing the ball?



Dribbling a football

We have been practising our football skills! We have learnt how to dribble the football. We thought about how to keep the football close to our feet whilst travelling and we practised dribbling around cones too.



Dance

We created dances linked to the 'Lighthouse Keeper's Lunch' and the sea. We learnt about different 'actions' – this means what the body does. Can you show marching, hopping, skipping, spinning and freezing?

We also learnt about 'space' – this means where the body moves. Can you show sideways and diagonal travelling? Can you show wide and narrow shapes?

Bubbles

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

Family Dance

Listen to your favourite piece of music/song together. How does it make you feel? Create your own family dance! Think about how your body is moving.

