

P.E. Fun - Reception Summer 1

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.

Kicking a football

We have practised kicking a ball. We have thought about how to control the ball and keep it near us. We have practised kicking a ball to a target.



Throwing and Catching

We have continued to practise throwing underarm using bean bags and balls. We have practise throwing to a target. We know how to catch a ball by reaching out towards the ball, catching it and bringing it to our bodies. Reach - grab- give!



Equipment

We have continued to have fun using rackets. We practised holding the racket correctly and balancing a bean bag/ball on it. We have also used hockey sticks to explore different ways of moving a ball.

Daily PE Challenge

Each week we have a daily one minute challenge e.g. squats, high knees, running on the spot. Can you join in with our challenges?

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Dance - minibeasts

We practised copying simple body actions and we created our own minibeast dances. We learnt the words - slither, march, spin, balance and freeze. Can you show your family your actions for the burrowing beasts, creeping creatures and flutterflies?

