

P.E activities for Year 2 .

Hello everyone this is Mrs Callaghan, I hope you are all keeping fit and well, I know that it is very difficult at the moment but remember it is really important to keep moving.

Here are a few simple ideas that you can use this half term to get some extra exercise and develop your gross and fine motor skills.

You could possibly choose one from the list each week and practise for ten minutes a day to see how you can improve and develop those skills.

1. Play catch with a ball against a wall (not near any windows). Practise overhand throwing and underhand. Challenge yourself to see how many more catches you can do each day before you drop the ball.
2. If you have a space where you can draw a Hopscotch ask your grown up to show you how to do this. Can you get all the way to ten before you put your foot down? This is also good for your aiming skills.
3. Draw a target on the floor outside. Practise your aim by throwing something soft and seeing how many times you can hit the centre of your target. When it begins to get too easy move back a step.
4. Learn to skip. Turn the rope forwards and when you feel confident with this try turning it backwards. Jump with both feet together or use alternate feet. Can you travel and skip? How many jumps can you do before you get in a tangle?
5. Ask your grown up to teach you the hand clapping game 'A sailor went to sea, sea, sea.' This is great for hand eye coordination. Does your grown up know any other hand clapping games they could teach you? When you can't find a partner to practise with you can do it on your own against a wall.
6. Practise rolling a ball to a mark on the ground. Can you get your ball to stop on the mark? How much force do you need to roll it with to cover the distance? Now move back and try again.
7. For hand eye coordination ask your grown up to teach you Cat's Cradle. This is always fun to learn.
8. Make up your own dance to your favourite song. Teach it to someone in your house.

I hope you have fun working on your skills. I can't wait to see how good you are when we get back to school.

Remember you can always keep on working out with Joe wicks or visit Cosmic Kids, Both of these are on Youtube, but you must ask your grown up before going on them.

You might also like to try Disney ten minute shake ups. Find it on :

<https://www.uk/10-minute--skake-up/shake-ups>