

YEAR	Week 2 and Learning objectives	Equipment/Timing	Activity
<u>Reception, Year 1, and Year 2</u>	<p>Athletics week! 3 athletics challenges!</p> <p>Objectives</p> <ul style="list-style-type: none"> - I can jump and land without falling over - I can run as fast as I can - I can throw and catch sensibly with a crocodile catch and a cup catch. 	<p>Something to mark where to jump from and where you land (cup, tv remote, cones, plant pot etc)</p> <p>Space to run to and from (possibly garden) and a stopwatch (or someone to count)</p> <p>Something to throw and catch sensibly ideally a ball but if not available a cushion or pillow or something soft is perfectly fine.</p> <p>Approx. 25 minutes</p>	<p>Warm up – Animal warm up – How many animals can you imitate (be like) in 2 minutes? How do they move?</p> <p>Make sure any equipment needed is gathered before you start!</p> <ol style="list-style-type: none"> 1- Jumping - Use a line/marker on the floor as your start point. jump as far as you can and glue your feet when you land! (2 footed). Wherever you land using your other marker place it down by your feet. Then have 5 more goes trying to jump further than it! If you beat it move your marker! Challenge anyone else in your house to beat you! Ensure you compete fairly and make sure you beat your first attempt! Try your best at the activity. 2- Running - Mark out two markers about 6/7 meters apart or as far apart as possible. Then run as fast as you can to and from the cones 5 times and time it (or count). Then have 3 more goes to try and beat your time. Can you pump your arms as fast as you can? Try your best at the activity. 3- Throwing and catching - Using any ball or socks practice throwing and catching without dropping it. Then count how many throws and catches can be done within 30 seconds. Have 3 more goes to try and beat it! If you have a ball and sensible wall space try throwing and catching against a wall too! Try your best at the activity.