

## YF PE Planning – Jumping Jacks and Rock & Roll

In school the children will be following a program called “Jumping Jacks and Rock & Roll”. The ideas on this document should enable your child to work on similar activities within the home. We recognise that space may be a problem, but we hope these suggestions will enable you to do some PE which isn’t screen based with your child!


### Warm Up Ideas – Choose 1 of these:

Foundation PE (Reception) Action People Warm-Up Activity 1

#### Action People

- Give the children the name of a character and they should pretend to be that character:
 

<b>Mrs Rush</b> Move fast.	<b>Mr Muddle</b> Walk backwards.
<b>Mrs Small</b> Crouch down and move.	<b>Mr Tall</b> Stretch up tall and move.
<b>Mrs Strong</b> Flex your muscles.	<b>Mr Jelly</b> Shake your body.
- Play the game for about 5 minutes.




Foundation PE (Reception) Activity Beans Warm-Up Activity 2

#### Activity Beans

- Tell the children they are going to be beans. Explain that they need to listen to which type of bean they will be and then move like that type of bean.
- Start off with about 3 different types of beans. This can be increased as the children get used to playing the game.
- Choose from:
 

<b>Runner bean</b> Run on the spot.	<b>Jumping bean</b> Moving jump.	<b>Coffee bean</b> Fast running.
<b>French bean</b> Walk up on tiptoes and say 'ooh la la.'	<b>Jelly bean</b> Shake like jelly.	
<b>Baked bean</b> Curl up very small on the ground.		
- Play the game for about 5 minutes.




Foundation PE (Reception) Traffic Lights Warm-Up Activity 3

#### Traffic Lights

- Tell the children that each colour means a different thing:
 

<b>Red</b> Stop	<b>Orange (Amber)</b> Get ready	<b>Green</b> Go (e.g. run, walk, jump etc.)
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- Hold up different coloured cones or cards.
- Children watch for the change in cards/cones and change their action accordingly.
- You may want to change the movement or action for green e.g. start with walking, and then move to jogging and finally running.
- Play the game for about 5 minutes.




Foundation PE (Reception) Colour in Motion Warm-Up Activity 5

#### Colour in Motion

- Use 4 different colour cones or colour cards.
- Explain that each colour represents an action:
 

<b>Red</b> Jump	<b>Blue</b> Roll	<b>Green</b> Travel	<b>Yellow</b> Balance
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- You could make the actions more specific e.g. star jumps.
- Hold up the different colours and the children move in that way.
- The children keep watching to see when the colour/ action changes.
- Play the game for about 5 minutes.



## Main Activity

### Week 1

These activities can be adapted for children who are finding them too easy/difficult. You can adjust targets – make them higher/lower/further etc to suit your child.

## Foundation PE (Reception) - Jumping Home Learning Challenge Sheet

At school we are learning to jump. Please help me at home. This is what we need to do to become good at jumping.

### Activities to Support Learning

#### Frogs or Rabbits

Play with a grown-up. When the grown-up shouts out 'frogs', you will try to jump as far as you can. When the grown-up shouts out 'rabbits', you will try to jump as high as you can.

#### Can You Reach It?

A grown-up will hold up an object above your head e.g. a teddy. Jump as high as you can to reach it. How high can you jump?

#### Don't Go Down the Hole!

In a safe space, lay out a range of old boxes, such as cereal boxes, shoe boxes etc. These will be your 'holes' that you must jump over! See how many holes you can avoid!

#### Number Jump

Using chalk on the floor or an old sheet, ask a grown-up to help you write a range of numbers in a random order. When the grown-up shouts out a number or rolls a dice, try to jump to the correct number.

#### How to Jump:

1. Make sure ankles, knees and hips are bent.
2. Look forwards or towards where you are jumping.
3. Swing arms back, ready to jump.
4. Both feet should leave the ground at the same time.
5. Swing arms forward as you jump and land.
6. Land, as quiet as a mouse, on both feet at the same time with ankles, knees and hips bent.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your jumping skills!



## Week 2

To extend these activities, your child could do the same activity over a few attempts and try to improve their time. If your child finds it easy to balance on one particular foot, can they be as successful on the other foot?

# Foundation PE (Reception) - Balancing

## Home Learning Challenge Sheet

At school we are learning to balance well. Please help me at home. The following activities will help us to become good at balancing.

### Activities to Support Learning

#### Balance that Balloon

Try to balance a balloon on different body parts e.g. your head, hand, foot, shoulder, arm. How many seconds can you keep that balloon balanced for?

#### How Long Can You Last?

Ask someone to time you while you balance on different body parts e.g. one foot, one knee, one hand or one foot. See how long you can balance for before you start to wobble.

#### Balancing Bridges

Ask someone to help you make different types of bridges; you can do this by leaning against one another or a solid surface. For example, put the palms of your hands together and lean towards one another; stand back-to-back and slowly move your feet out to make a bridge beneath you; or put the palms of your hands against a wall and walk your feet out - can you make a bridge so low that no one can get under?

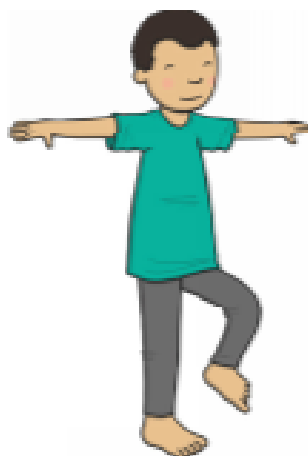
#### Can't Push Me Over

Create a balance e.g. stand on one leg or sit on your bottom with your arms and legs off the floor. Ask someone to try to gently push you over - can you remain balanced? Try again with different types of balances.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your balancing skills!

#### How to Balance:

1. Make sure you are looking forward.
2. Look at a fixed point in front of you.
3. Make sure you are holding your body in a strong position.
4. Make sure you are balancing on a flat surface.
5. Try to hold your balance for about 5 seconds.



## Week 3

Great jumping games which can be played with older and/or younger siblings.

# Foundation PE (Reception) - Jumping Jacks Home Learning Challenge Sheet

At school we are learning to complete different types of gymnastic jumps. Please help me at home. The following activities will help us to become good at a range of jumps.

### Activities to Support Learning

#### Mirror My Jump

Ask someone to play this game with you. Choose one of the 4 jumps and practise it. Your partner then completes exactly the same jump without you telling them what it is. Can they complete the same jump?

#### Twinkle, Twinkle

Learn the nursery rhyme 'Twinkle, Twinkle, Little Star'. As you say the rhyme, complete a star jump every time you say the words 'star' and 'sky'. Can you manage to say the rhyme and complete the jumps correctly?

#### Get Your Knees Up!

You will be practising the straight jump and the tuck jump in this game. Ask somebody to play with you. Start by completing lots of straight jumps. When your partner shouts out 'Get Your Knees Up!' try to do a tuck jump. How high can you get your knees?

#### Jumping Jack

Ask someone to play this game with you. Player 1 will pretend to be Jumping Jack and will say the instructions. Player 2 must follow the instructions. Jumping Jack (Player 1) will give a command (including the different types of jumps) e.g. 'half-turn jump', 'run fast', 'star jump' but Player 2 should only complete the action if Player 1 adds 'Jumping Jack says...' before the instructions! Remember to listen carefully.

#### How to Jump:

1. Star Jump – Make sure your arms and legs go out towards your side, making a star shape as you jump.
2. Straight Jump – Keep your arms by your side and your legs together as you jump.
3. Tuck Jump – Jump really high and clasp your knees as you bring them up to your chest.
4. Half-Turn Jump – Keep your arms by your side and your legs together as you jump. You should end up facing in the opposite direction.
5. Landing – With all these jumps, make sure you bend your knees and relax your body so you can land safely.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your jumping skills!

## Week 4

# Foundation PE (Reception) - Rock 'n' Roll

## Home Learning Challenge Sheet

At school we are learning to complete different types of gymnastic rolls. Please help me at home. The following activities will help us to become good at a range of rolls.

### Activities to Support Learning

#### Rolling Races

Challenge your friend to a rolling race. Agree on which roll you are going to do first, making sure you both do the same. Have a rolling race to see who can get to the finish line first.

#### Teach Me to Roll

Find something to use as a pretend child e.g. a doll, teddy or action figure. Pretend to be the teacher and teach your child to complete the different roll. Remember to give them the correct instructions about how to roll, and show them if you need to. You could also teach a grown-up or a friend.

#### Musical Rolls

Play some music and dance along. Ask a friend to stop the music and shout out a type of roll for you to complete. You must complete the roll before the music starts again.

#### Join Those Rolls

See how many rolls you can remember. Practise putting the different rolls together. Start with 2 rolls, then add some more. Ask a friend to try to guess your rolls. Can you do a pencil roll and then an egg roll straight after one another?

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your rolling skills!

#### How to Roll:

1. Egg Roll – Curl up like an egg with your knees on your chest, holding them with your arms. Then roll all the way over.
2. Pencil Roll – Lie as flat and straight as possible, with your arms above your head as you roll like a pencil.
3. Dish Roll – Begin by lying flat on the ground, with your arms above your head, then lift your arms and legs off of the ground slightly. Control your roll from front to back, then back to front.
4. Rock on Back – Sit on the floor holding your knees to your chest. Rock on to your back then back to a seated position.
5. Teddy Bear or Circle Roll – Start on the floor with your legs apart. Hold onto your legs, behind your knees, then roll back on to your first shoulder. Then roll across onto the other shoulder, and back to a seated position.