

Week 3

PE

Everyday this week, depending on the weather you could take your bicycle or scooter for a ride. Remember your helmet with your bike and stay close to your adult

We would love to see some photos of your PE activities, please e-mail them to us!

You can also choose from these online activities

Joe Wicks PE

https://uk.video.search.yahoo.com/yhs/search?fr=yhs-adk-adk_sbyhp&hsimp=yhs-adk_sbyhp&hspart=adk&p=youtube+joe+wicks+live+pe+workout+for+kids#id=4&vid=6c71b9945d822746bf901

Dance activities

<https://www.nhs.uk/change4life/activities/sports-and-activities/dancing>



Monday

This week we are going to have some fun with some dance activities.
You could pretend that you are taking part in Strictly Come Dancing!

Find a song that you like to dance to, search on Youtube, watch the video to go with it looking at all the different moves

Listen to the song carefully and try to copy or think of your own moves that you could do to the music.

Have a go at trying out some of your moves- you will need to remember them for tomorrow!



Tuesday



Have you remembered your dance moves?
Play the music and do the moves again, just to check.

Now think how you could improve your moves or add
some new ones.

Remember to have a special finishing pose!

Wednesday

Today is your chance to be a teacher!

Can you teach your dance to another member of your family?

What did they find easy/ tricky?

How did you find it teaching someone else your dance moves?

Together can you think of any parts of your dance that you want to improve or add moves to?



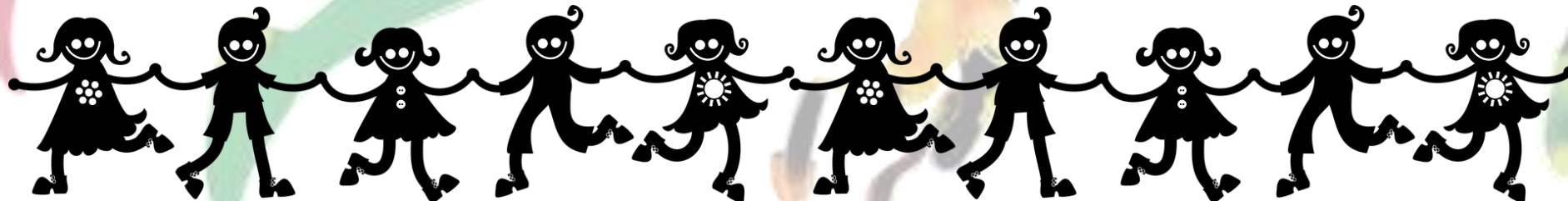
Thursday

Today is Performance Day!

Invite your family to attend a performance of your dance, maybe ask someone to record it. Then you could share it with the year 1 team too!

What did your audience like about it?

How do you think you could make it even better?



Friday

