

### Useful Apps or Website links

Wake up Shake up

<https://www.youtube.com/watch?v=1gUbdNbu6ak>

Joe Wicks- the Body Coach Kids workouts

<https://www.youtube.com/watch?v=d3LPrhIOv-w>

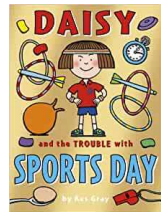
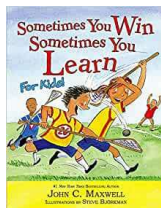
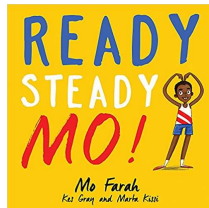
Cosmic Kids Yoga

<https://www.youtube.com/c/CosmicKidsYoga>

### Subject

PE - Reception – Physical Development

### Useful Books



### Games/ Practical Activities

Use outside environments like parks, woods and gardens to climb, balance and jump.

Use bikes and scooters to encourage balance.

Bat and balls games to support coordination.

Throwing and catching a ball with your hands.

Kicking and stopping a football with your feet.

Dancing to music.

### Key Vocabulary

#### Autumn- Gymnastics

Balance

Roll

Jump

Skip

Twist

Turn

Slide

Hop

#### Spring - Multiskills

Throw

Catch

Kick

Stop

Go

Down

across

Working as a pair

#### Summer - Athletics

Run

Race

Obstacle course

Win

Under

Over

Fast/Slow

Working as a team