Reception Healthy Week – Sports Day Challenge

This week should have been our Healthy week in school and we would have been practicing for our sports day together 😞.

Maybe you could practice on your own this week and the invite members of your family to watch your own sports day to show off your skills or even compete against you. 😃

They could include:-

Walking backwards race

Potato and spoon race

Balancing an item on your head race – it could be a book, a folded tea towel secured by elastics, small plastic food bag filled with pasta/rice/frozen peas.

<https://www.twinkl.co.uk/resource/twinkl-move-sports-day-at-home-object-balancing-race-pack-t-pe-467>

Running race - when you are out for a walk ask a grown up to count or time you running from one lamp post to the next or gate to gate or tree to tree. See if you can get faster over the week.

Obstacle race – you could design your own race to go over, under or around obstacles.

Don’t forget to warm your body up and cool down after your exercise.

You could show us you great skills by sending Miss Jones photographs on dojo.

Have Fun

Mrs Jones.