

**Reception PE week**

This week we are going to be doing lots of exciting PE sessions! Each day we will have a PE session which will consist of a warm up and a carousel of 3 x activities, some races and challenges to set yourself each day! See below how to use the resources that will be attached for your exciting PE week!

**Monday-**

1. Using the WARM up document ask the children to pick 2 x activities

2. Complete the 1-minute challenge and record your results!

3. Using the EYFS Field and races document complete **Races** 1,2 and 3 today from the sheet. If you do not have a sack/pillow case, do a hopping race/jumping race – some movement where the children’s legs are together! \*Do these activities on a carousel so each child gets to participate in all the activities! If you are at home, get your siblings/parents involved!

**Tuesday**

1. Using the WARM up document ask the children to pick 2 x activities

2. Complete the 1-minute challenge and record your results!

3. Using the EYFS Field and races document complete **Races** 4,5,6 today from the sheet. \*Do these activities on a carousel so each child gets to participate in all the activities! If you are at home, get your siblings/parents involved!

**Wednesday**

1. Using the WARM up document ask the children to pick 2 x activities

2. Complete the 1-minute challenge and record your results!

3. Using the EYFS Field and races document complete **field events 1,2,3** today from the sheet. \*Do these activities on a carousel so each child gets to participate in all the activities! If you are at home, get your siblings/parents involved!

**Thursday**

1. Using the WARM up document ask the children to pick 2 x activities

2. Complete the 1-minute challenge and record your results!

3. Using the EYFS Field and races document complete **field events 4,5,6** today from the sheet. \*Do these activities on a carousel so each child gets to participate in all the activities! If you are at home, get your siblings/parents involved!

**Friday**

1. Using the WARM up document ask the children to pick 2 x activities

2. Complete the 1-minute challenge and record your results!

3. Running track races