

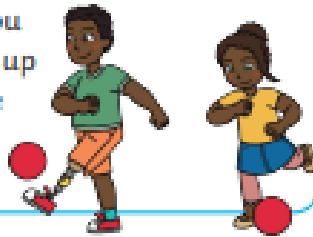
# EYFS Project Home work Summer Term

This term we are focussing on moving more.

Complete the physical activity challenges and see how many adults you can encourage to join in with you!

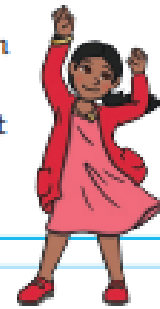
## Physical Development: Gross Motor Skills

Go to the park with a grown-up, take a ball and play some different ball games. Can you throw and catch the ball? Can you kick a large ball into a goal or pass it to a friend or family member? You could make up a new game using your ball.



Sing the song, 'Head, Shoulders, Knees and Toes'. Can you do all of the actions? What other body parts could you add to the song? Can you sing the song quickly or slowly?

Have a dance party! Play your favourite music and show off your best dance moves. You could even play musical statues. Can you find different ways to move and balance?



Head to a wooded area with a grown-up and find opportunities to climb, balance and move around and over obstacles. You could play some different games, such as hide-and-seek or tag.

Can you hop and jump on the spot? How many hops can you manage? Can you hop on both legs? You could set a timer and see how many hops you can do in thirty seconds or one minute.



Make an obstacle course using cushions and pillows. Can you try to balance as you walk along or jump between the cushions? Challenge yourself to see how quickly you can complete the obstacle course. If you have a garden, you could create an obstacle course outside using natural resources, such as sticks to hop over or benches to crawl under.

Disclaimer: When carrying out any of these activities, it is your responsibility to assess whether adult supervision or other appropriate safety measures are required.



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### Weekly Homework

Read 4 times a week, to be recorded in your reading record.

We will continue to add Read Write Inc videos onto our class page for you to access at home.

**Homework due Thursday 23rd May**

Thank you for supporting your child with their homework

**Mrs Melville**

**Miss Dhariwal**