



Willow Class

Physical Education Home Learning Topic For This Week: Gymnastics

Tuesday 7th April Activity: Colour Touch

During our gymnastics lessons we concentrate on 3 areas, namely floor work movements, jumping and rolling.

Before the start of each activity take some time to complete some stretching to warm the body up so you're ready to begin. the link below is a good warm up you can follow: <https://youtu.be/dRQf3yFXO1Y>

Aim: We are looking to develop our co-ordination, speed, agility and reaction times.

Resources Required: 4/5 different coloured cones. We recommend as a substitute for cones you could use any similar items that are different colours, i.e. items of clothing, fruit, plastic cups/bowls, recycled items, etc.

Method: Make a square using your chosen items with your child standing in the middle of the square. Call out different colours that they must move to and touch, returning to the middle of the square each time.

To Progress This Activity: To progress this activity, ask your child to balance on one leg whilst standing in the square waiting for a colour to be called. A second progression is to change the body part in which they touch the cone with, i.e. hand, elbow, foot, head, etc.

Variations of this Activity: A fun game that can be played as a variation to this activity is **Floor, Ceiling, Wall**. Call out the three different words and the children must react by:

Floor – Lie down on the floor (stomach or back).

Ceiling – Jump up, attempting to touch the ceiling.

Wall – Sit in a 90-degree angle with your back against the wall.

If you're playing this game outside, change the wording to **Grass, Sky, Tree**.