



PE (Friday)

Gross Motor Skills



Gross Motor Skills: helps a child gain **strength** and confidence in his/her body. It also helps them get **exercise** and physical activity, which is important for a healthy lifestyle. Developing these skills helps a child's ability to do more complex skills in future activities, such as playing soccer with a team. It also support with **balance and coordination**.





What you need

- space to move around/ jump/ roll
 - No socks or shoes
- possible soft flooring (mat/ yoga mat/ rug to roll on)
 - Number line
 - Comfortable clothing
- This power point so children can use it as a visual.
- Bean bags/ soft tissue/ small cushion/ light & small clothing (roughly 5 pieces)



Warm up/ starter activities.

- Yoga is a great way of developing your child's Gross Motor Skills
- A little bit everyday will support with whole body movements, muscles, balance and also calm the mind. This will support with behaviour and attention skills.
- Use this as a daily mantra!



As we do the poses lets practice counting back from 5 for each pose.

5
4
3
2
1
0

Yoga.

Yoga Cards

Warrior II Pose

Virabhadrasana II

Benefits: Strengthens and stretches legs and core; stretches chest and shoulders; relieves bad aches.



1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
2. Inhale and lift your arms parallel to floor.
3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
4. Keep your torso tall, turn your head, and look out over your fingertips.
5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Yoga Cards

Chair Pose

Utkatasana

Benefits: Strengthens legs, stretches shoulders and chest.



1. Start in mountain pose.
2. Exhale, and bend your knees as if you were sitting in a chair.
3. Reach your arms towards the ceiling, with your palms facing each other.
4. Hold this pose and breathe.

Yoga Cards

Mountain Pose

Tadasana

Benefits: Improves posture, strengthens core, muscles and legs.



1. Stand tall with your weight balanced evenly on your feet.
2. Firm your thigh muscles and pull in your tummy.
3. Press your shoulders back and hold your arms out straight, a little way from your body.
4. Breathe deeply and hold as long as needed (at least two long breaths).

Yoga Cards

Tree Pose

Vrikshasana

Benefits: Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.



1. Begin in mountain pose.
2. Lift your right foot, turning your knee out; place your foot below your left knee.
3. Press your hands together.
4. Raise arms overhead; look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

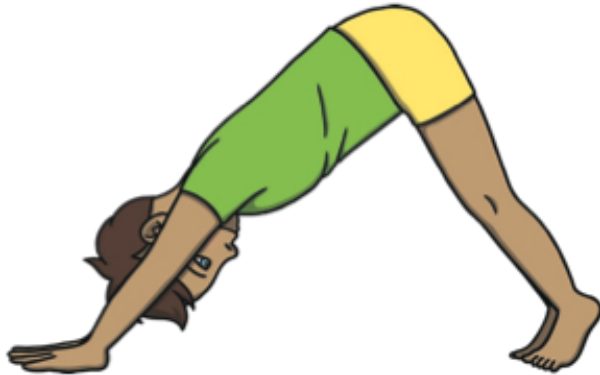
Yoga.

Yoga Cards

Downward-Facing Dog

Adho Mukha Svanasana

Benefits: Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches, back pain and fatigue.



1. Begin on hands and knees with toes tucked under.
2. Exhale, strengthen knees and lift hips, so that you are in an upside-down V.
3. Hold this position for as long as you like.
4. To release, exhale and bring knees to the floor.

Yoga Cards

Preparation and Safety

Age	5-7
National Curriculum	Develop balance, agility and co-ordination.
Time	Can be adapted to any setting or time frame.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.
Safety	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.



Practise jumps

How to Jump:

1. Make sure ankles, knees and hips are bent.
2. Look forwards or towards where you are jumping.
3. Swing arms back, ready to jump.
4. Both feet should leave the ground at the same time.
5. Swing arms forward as you jump and land.
6. Land, as quiet as a mouse, on both feet at the same time with ankles, knees and hips bent.



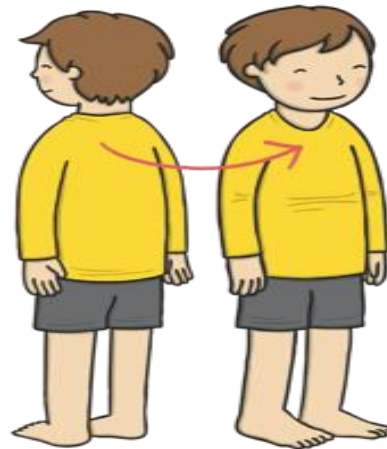
star jump



tuck jump



half-turn jump



straight jump

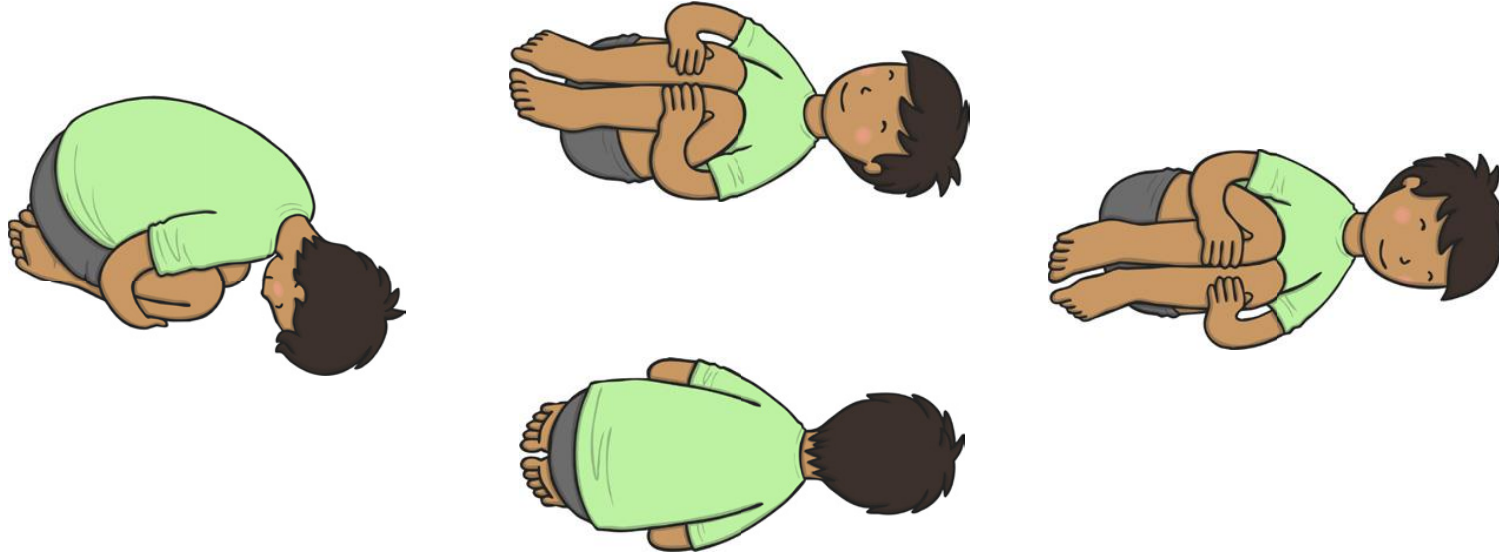


Practise rolls

Foundation PE (Reception)

Gymnastic Rolls Support Card

Egg Roll



1. Curl up like an egg.
2. Keep chin tucked tight.
3. Hold knees tight.

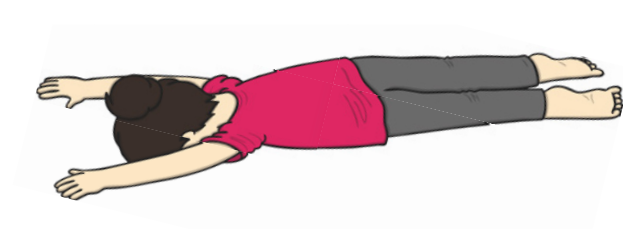
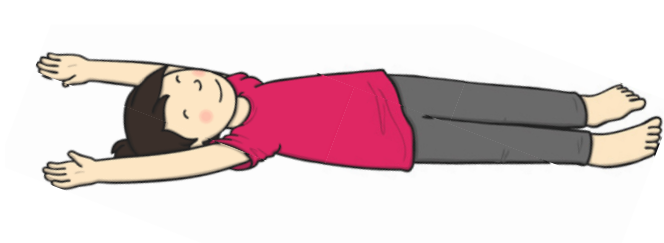
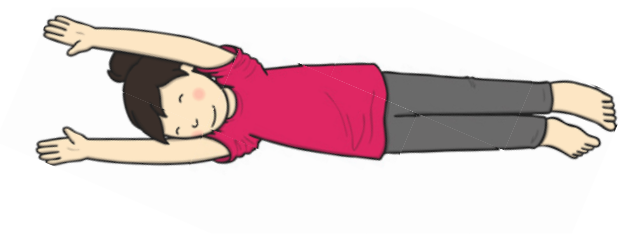
4. Keep body tight and roll from one side all the way over.
5. Practise rolling in both directions.

Practise rolls

Foundation PE (Reception)

Gymnastic Rolls Support Card

Pencil Roll



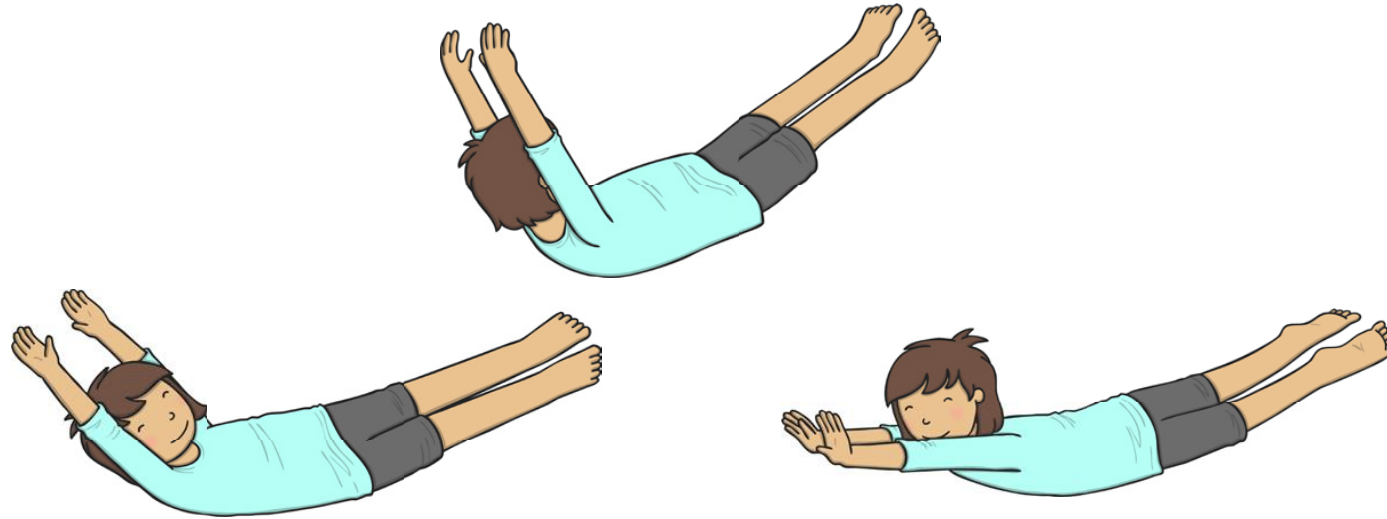
1. Lie down on the floor.
2. Put arms and legs out straight.
3. Keep arms and legs together.
4. Keep body in a stiff position.
5. Roll from back to front then front to back.

Practise rolls

Foundation PE (Reception)

Gymnastic Rolls Support Card

Dish Roll



1. Lie down on the floor.
2. Put arms and legs out straight.
3. Keep arms and legs together.
4. Lift arms and legs slightly off the ground.
5. Roll from back to front then front to back.

Practise rolls

Foundation PE (Reception)

Gymnastic Rolls Support Card

Rock on Back



1. Sit on floor with knees up.
2. Hold knees with hands.
3. Rock onto back.
4. Rock back up to sitting.

Practise rolls

Foundation PE (Reception)

Teacher Support Card

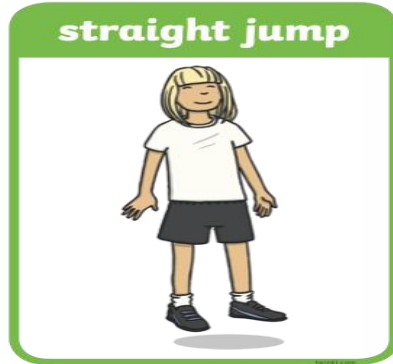
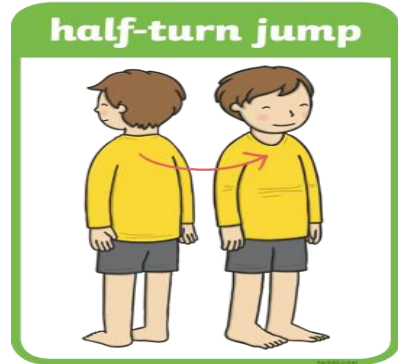
Teddy Bear / Circle Roll



1. Sit with legs straight and apart.
2. Hold back of knees.
3. Roll back on to shoulder.
4. Roll across to other shoulder.
5. Sit back up.
6. Keep legs straight.
7. Start and finish in a straddle position.

Lets combine our jumps and rolls.

Five Little Monkeys



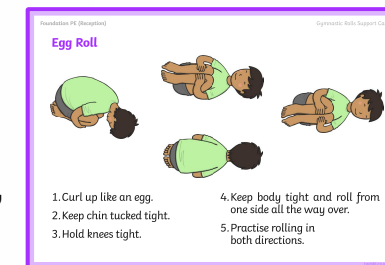
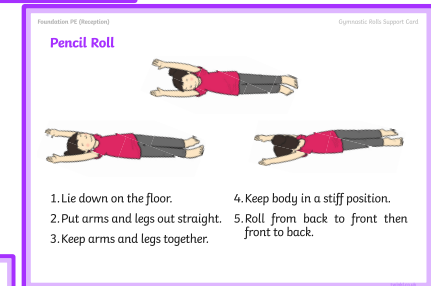
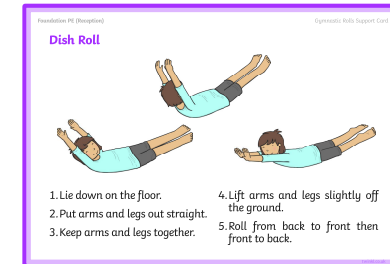
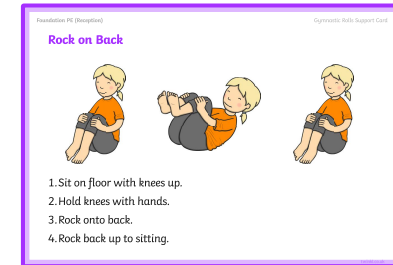
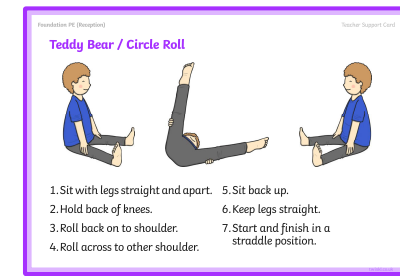
Five little monkeys jumping on the bed,
One fell off and bumped his head.
Mama called the doctor and the doctor said,
“No more monkeys jumping on the bed!”

Four little monkeys jumping on the bed,
One fell off and bumped his head.
Papa called the doctor and the doctor said,
“No more monkeys jumping on the bed!”

Three little monkeys jumping on the bed,
One fell off and bumped his head.
Mama called the doctor and the doctor said,
“No more monkeys jumping on the bed!”

Two little monkeys jumping on the bed,
One fell off and bumped his head.
Papa called the doctor and the doctor said,
“No more monkeys jumping on the bed!”

One little monkey jumping on the bed,
He fell off and bumped his head.
Mama called the doctor and the doctor said,
“Put those monkeys straight to bed!”



Lets cool down

1. Lie down (try to minimize and surrounding sounds - maybe have some relaxing music in background)

How many objects do you have on your body now?

Focus on breathing in and out for a few seconds

2. Add one object and balance it on your tummy

3. Add one more object and balance it on your hands

4. Add one more object and balance it on your knees.

5. Add one more object and balance it on your head.

