**Physical Development and PSE Week 2**

**Activity one**

* Obstacle course inside as its looking like rain!
* Get your child to crawl under the table like a snail and over the chairs.
* Have some pillows that they can jump onto.
* Time them doing it and see if they can get faster.
* Do step aerobics up and down the bottom step.

**Activity two**

You could get them to move like different mini beasts

Crawl like a spider

Slide like a snail

Fly like a butterfly

Wiggle like a worm

Buzz around like a fly

**Activity three**

Play the bean game

|  |  |
| --- | --- |
| JUMPING BEAN | Jump around the room |
| RUNNER BEAN | Run around the room (looking out for other people). |
| OR Running on the spot (more suitable for younger children than running around the room) |
| BROAD BEAN | Stretch your arms and legs out as wide as you can. |
| Walk around the room taking as large strides as possible |
| Jump in a star shape |
| BAKED BEAN | Lay on the floor in a star shape until the next command is given. |
| OR Lie on floor and Sunbathe |
| JELLY BEAN | Move around the room slouching and doing silly movements |
| Wobble like a jelly |
| CHILLI BEAN | Shiver and shake |
| FROZEN BEAN | Children have to stand very still. |

**Activity Four**

Spiral to cut out see sheet

<https://www.twinkl.co.uk/resource/t-c-7164-spiral-template>

**Activity Five**

Colouring sheets

See link

<https://www.twinkl.co.uk/resource/t-t-907-minibeasts-colouring-posters>

**Personal, social and emotional**

**Activity One**

What do you miss about school?

What do you like about being at home?

Draw a picture about how school is different to how it used to be.

**Activity Two**

Watch the clip

<https://www.youtube.com/watch?v=2PnnFrPaRgY>

Who do you miss hugging?

What could you do instead?

**Activity Three**

Watch the story The Ugly Duckling

<https://www.youtube.com/watch?v=TyrmcD8Yml0>

Think about how you look different from your friends.

Think about what you would do to cheer up the ugly duckling.

Think about, does it matter what you look like?

Talk about it is more important to be kind.

Draw a picture of you and a friend and talk about the differences and why it doesn’t matter what you look like