**Physical and PSE**

**Activity One**

Let’s get dancing

Just dance Monster Mash

<https://www.youtube.com/watch?v=f1bdY7GO478>

Just Dance what did the fox say?

<https://www.youtube.com/watch?v=drWHI-l_Gew>

Banana, banana, meatball

<https://www.youtube.com/watch?v=BQ9q4U2P3ig>

**Activity Two**

Now the parks are open,

It’s time to practise climbing up and over equipment.

Crawl under equipment and jump off equipment safely, bending your knees and landing on two feet.

**Activity Three**

If you have a bat and ball, practise hitting the ball to a partner.

If you have a scoop, this is an easier start.

**Activity Four**

Keep practising catching and throwing a ball.

Also practise dribbling a ball between cones or plant pots etc.

**Activity Five**

If you have a skipping rope, start practising getting it over your head and then jumping over it.

**PSE**

**Activity One**

Make a list of all of the things that you have enjoyed about school this year.

You can scribe for your child as they talk to you.

Draw a picture of your favourite activity.

**Activity Two**

Have a think about what you are looking forward to in Year one.

Think about all of the things that will stay the same …

You will wear the same uniform.

You will take a water bottle and book bag.

You will use the toilets you used to use at lunch time.

You will have reading books to take home.

You will have water and sand to play in.

You will have a painting easel.

You will have a home corner.

You will have construction.

You will work in small groups with your TA or teacher.

You will do writing and maths.

You will learn about lots of new topics, starting with homes and The Three Little Pigs.

You will do lovely art activities.

You will have a making table.

You will do P.E.

You will have your dinner in the same place.

New things

You will learn Spanish

It’s reassuring to know so many things will be the same.

They could draw a picture of themselves and their friends in Year One.

**Activity Three**

Ask your child if there is anything that they are worried about in Year One.

If you cannot answer, then send me an email and I will do my best to answer or find out for you.