**PSE and P.E Health week 6**

**PSE**

Listen to Mrs. Simister reading the story

“Guess how much I love you” on You Tube

Draw around your hand and write the name of someone who loves you on each finger.

They can be mummy, daddy, Granny, Grandpa, sisters, brothers and friends…

Whenever you feel sad or lonely it is good to count out 5 people on your fingers who love you. It makes you feel much better.

**P.E**

Let’s try and be healthy and exercise every day this week.

Here are five challenges to do.

1. 20 star jumps.
2. Run on the spot for 10 mins kicking your bottom.
3. Run on the spot getting your legs high.
4. Spotty dogs for 10 minutes.
5. Bunny hops for 10 mins.

You could also

* Go on a jog around and about for 15 mins.
* Go on a bike ride.
* Ride your scooter
* Skip along the path for 10 mins
* Walk really fast to school or to the shops.

Have fun getting fit and healthy.

**Fine motor skills**

Colouring sheets

Pencil control sheets