

Tuesday 19th January
Physical Development (PE)
Theme: Lakeland Animals

Learning objective:
To be able to create shapes

Success criteria

Squeeze your muscles to help you stay balanced.

This lesson does not need to be printed and can be completed as a family!

Any pictures can be viewed on a screen.

Equipment: small soft toy or small beanbag

Safety- ensure you have a safe space. Move any furniture out of the way.

Warm up and introduction (10 minutes)

Finding space:

Everyone needs to stand in a safe space. Walk around the area, moving in and out of each other and any possible obstacles! Can your child move around this space, changing direction and avoiding other people? Can they move around the space in different ways? E.g. jogging, skipping, jumping and side-stepping?

Points to remember:

- Bend your knees when jumping and landing
- Keep your head up and look for your own safe space to move in to

Play the following game:

Flamingo tag:

Talk about how some animals live in big lakes such as crocodiles, turtles, otters and flamingos. Look at the picture below and identify the different animals



Your child is going to need to have really good balance as they stand on one foot like a flamingo.

One person to be the 'tagger'. Run around and the tagger needs to tap those they catch on the shoulder. If you get tapped on the shoulder, you must stand on one foot until another player can un-tag you. If you are playing as a pair, count to 5 on one foot and then move around the space again.

Talk about how to balance successfully:

- Concentrate and look at something still
- Put arms out to help balance

Skill Development (25 minutes approx)

Watch out, croc!

Imagine travelling through a lake. The lake has crocodiles in it. Travel around the space.

Adults- when you say 'watch out, croc'. Children/others to freeze still so that the crocodile doesn't see them.

Travel around the space using:

- Hands and feet
- Back
- Two hands and one foot
- Feet
- Stomach

Points to help:

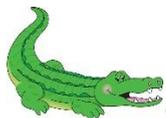
- Squeeze muscles to keep still and balanced

Animal balance:

Your child/any other family members taking apart will need to stand in a space. Teach them the animals below. Each balance should be held for 5 seconds, squeeze muscles to make your body strong/not floppy and concentrate and focus on the balances.



Flamingo- Imagine you are a flamingo as you balance on one foot



Crocodile- Imagine your foot is a crocodile's head looking above the water as you balance on one foot and 2 hands. Try to stretch your leg long and straight



Turtle- Imagine you are a turtle balancing on your shell as you balance on your back.



Otter- Imagine you are an otter as you balance on one knee with your trail leg as your long tail

Otter balance:

Your child will need their small soft toy or beanbag for this activity. They will need to imagine that their toy/beanbag is their otter friend.

1. Explore balancing their otter friend on difference body parts. E.g. back of hand, foot, knee and head. Can they keep it still on that body part for 5 seconds?
2. Can they balance their otter on their:
 - head and move in the space keeping their otter still?
 - arm and move in the space keeping their otter still?
 - shoulder and move in the space keeping their otter still?
 - stomach and move in the space keeping their otter still?
3. Ask the children to pick their favourite way to balance their otter. Can they begin standing like a flamingo with their otter in their hand, then travel to a different space balancing their otter in their favourite way, finally travel to a different space and finish standing like a flamingo again? The sequence goes flamingo, travel, flamingo. Can they hold their flamingo for 5 seconds?