

Foundation PE (Reception) - Catching

Home Learning Challenge Sheet

At school we are learning to catch different objects. Please help me at home. This is what we need to do to become good catchers.

Activities to Support Learning

Creative Catch

Play catch with anything soft you can find. A ball can often be scary when you are learning to catch. You could use a balloon, a tea towel, a scarf, a soft toy, a ball of wool or a screwed-up piece of paper.

Counting Catch

Using a soft object, count how many times you can throw and catch the object without dropping it. Record the result and keep trying to beat the score. This could be done with a partner or individually.

Clapping Catch

Try throwing and catching a soft object on the spot. Between throwing the object and catching it you should clap your hands. You must clap quickly to make sure you don't drop the object. You could do another action between catching and throwing e.g. spin round, jump, touch your toes.

Drop Catch

You will need a soft object and an adult to help you. The adult should hold the soft object above you. They should drop it just in front of you and you should try to catch it. Roll your ball onto the target – see how many points you can get.

How to Catch:

1. Stand with feet slightly apart.
2. Watch the ball.
3. Get your hands ready.
4. Reach out to meet the ball.
5. Hold the ball tightly and bring it into your body.

You could take a photo or draw a picture of you practising the different activity to show us at school. You could tell us all about how you have improved your catching, throwing and rolling skills.



Foundation PE (Reception) - Rolling

Home Learning Challenge Sheet

At school we are learning to roll different objects. Please help me at home. This is what we need to do to become good at rolling.

Activities to Support Learning

Bottle Bowling

Gather together a range of empty plastic bottles. Place the bottles together and stand an achievable distance away. Roll a ball at the bottles and try to knock them all over.

Target Tubs

Find a range of empty boxes, tubs or containers. Put them on their side so an object can be rolled into them. Make different-sized paper balls. Stand at an achievable distance away from the target and try to roll the object into it.

Under the Bridge

Ask an adult to cut out the backs and fronts of some empty boxes to create small bridges – the holes need to be big enough to roll a ball under. Set out your bridges and then try to roll your ball under them in the fewest number of rolls.

Target Rolling

Use 3 different-sized pieces of fabric e.g. a hand towel, a tea towel and a flannel. The smallest piece of fabric will be worth the most points - flannel 3, tea towel 2 and hand towel 1. Lay them on top of each other to create 1 target. Roll your ball onto the target – see how many points you can get.

How to Roll:

1. Look where you are aiming.
2. Hold the ball in one hand and use your other arm to point to where you are aiming.
3. Bend your knees.
4. Bring the hand which is holding the ball back.
5. Release the ball as you bring your hand forward to make it move along the floor.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us all about how you have improved your catching, throwing and rolling skills.



Foundation PE (Reception) - Throwing

Home Learning Challenge Sheet

At school we are learning to throw well. Please help me at home. This is what we need to do to become good at throwing.

Activities to Support Learning

Number Throwing

Make some balls out of screwed-up bits of paper and write some numbers on 4 or 5 sheets of flat paper. Put the number targets on the floor and use your paper balls to score points by throwing them at the number targets.

Slippery Slope

Take a ball to the park. Throw the ball to the top of a slide and try to catch it as it rolls back down. You could also use any flat surface which you can lean at an angle.

Target Throwing

Spread out some plastic tubs or old boxes on the floor. Make some paper balls or find some soft objects. Try to throw the ball or object into the targets. If you find this easy, move further away from the target.

In the Target

You will need a pillowcase or cushion cover, and a soft object or paper ball to throw. Ask a grown-up to hold the pillowcase or cushion cover open. Try to throw your object into it. The grown-up could hold it at different heights to make the activity more tricky!

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your throwing skills!

How to Throw:

1. Look where you are aiming.
2. Hold the ball in one hand and use your other arm to point to where you are aiming.
3. Bring the hand which is holding the ball back.
4. Release the ball as you bring the hand forwards to make it move through the air.



Foundation PE (Reception) - Bouncing a Ball

Home Learning Challenge Sheet

At school we are learning to bounce a ball. Please help me at home. The following activities will help me to become good at bouncing a ball.

Activities to Support Learning

Bouncing on the Spot

Make a spot on the floor, large enough to bounce your ball on. You could use things such as chalk, tape or an old T-shirt. Stand next to your spot, bounce the ball on it and try to catch it. How many times can you do this without dropping it?

Up the Wall

Find a safe, flat wall space and put a marker about half a metre away from the wall. Stand with your ball about a metre away from the wall. Bounce your ball on the marker and against the wall, then try to catch it. Can you move further way from the wall to make it more difficult?

Bounce It Under

Use a range of objects such as chairs, small tables, or someone's legs to make a bridge. Ask someone to play the game with you - you and your partner should stand either side of the bridge. Try to bounce your ball under the bridge to your partner. How many successful passes can you make?

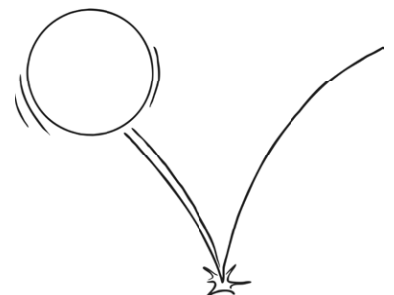
How High Can It Go?

Challenge a friend to a ball bouncing competition (this might be a game for the outside only). Use the same ball and take it in turns to see how high you can bounce it. How can you make it go even higher?

How to Bounce a Ball:

1. Think about the spot you want to bounce the ball on – will it reach the target?
2. Focus on that spot.
3. Use enough force when bouncing the ball.
4. Grab the ball and bring it into your body when you catch it.
5. Don't stand too far away from the ball, the wall or your partner.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your bouncing skills!



Foundation PE (Reception) - Skipping and Galloping

Home Learning Challenge Sheet

At school we are learning to skip and gallop. Please help me at home. The following activities will help me to become good at skipping and galloping.

Activities to Support Learning

Gallop and Freeze

Play some lively music, then gallop around the space like a horse until the music stops. Can you freeze quickly enough?

Traffic Lights

Play this game with some friends. Ask one person to be the traffic conductor. They must say 'Red light' or 'Green light.' When they say 'Green light' you should gallop forwards or around the space. When they say 'Red light' you must stop. Swap positions and play the game again.

Across the Line

Create a range of lines on the floor – you could use skipping rope, string or old pieces of fabric. You can choose to gallop, skip, hop or jump but you must get over the lines without touching them.

Rubbish Collection

Scatter a range of dry rubbish (such as cereal boxes, clean food containers or screwed-up paper) in a space. Ask a friend to play with you and each have an empty box or bag to put your rubbish in. You can only skip or gallop around the space, and you can only pick one item of litter at a time. See who can collect the most!

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your skipping and galloping skills!

How to Gallop:

1. Bend and lift your front leg, then thrust forward onto it.
2. Bring your back leg forwards to meet your front leg.
3. Repeat, moving forwards as you gallop.
4. Remember to add height to your gallop.

How to Skip:

1. Hop on one leg, then step with the other.
2. Repeat with the other leg.
3. Start off slowly and gradually get faster, keeping to a hop-step rhythm.

Foundation PE (Reception) - Kicking a Ball

Home Learning Challenge Sheet

At school we are learning to kick a ball well. Please help me at home. The following activities will help me to become good at kicking.

Activities to Support Learning

How Hard Can You Kick It?

Place a balloon on the ground and use your best kicking skills to see how far you can kick it. Mark how far it goes. Ask someone else to do the same and see who can kick it the furthest. Does kicking it harder make the balloon travel further?

Back to Me

Kick a ball against a plain section of wall. Can you get the ball to return to you? Next, see how many times you can kick the ball against the wall without stopping it or it going off track. Keep practising to see if you can beat your score.

Keep It Up

Using a balloon, play 'Keep It Up'! How many times can you kick the ball into the air without it touching the floor? Try playing 'Keep It Up' with a partner – is this easier or harder?

It's a Goal

Create a goal in an outside space. Ask a friend or an adult to pretend to be a goalkeeper. Kick the ball, trying to get it past the goalkeeper to score a goal. How many goals can you score out of 10 shots?

How to Kick a Ball:

1. Put the ball a few steps in front of you.
2. Swing your leg back about 45 degrees.
3. Swing your foot forward and use the side of your foot to connect with the ball.
4. Finish with your leg pointing in the direction you want the ball to travel.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your kicking skills!



Foundation PE (Reception) - Using a Bat and a Racket

Home Learning Challenge Sheet

At school we are learning to use a bat and a racket. Please help me at home. The following activities will help me to become good at using different equipment.

Activities to Support Learning

Balance That Balloon

Find a balloon and a bat or racket – you could also use some screwed-up paper and a piece of cardboard or a book. See if you can balance the balloon on the bat or racket – how long before it falls on the floor?

Hit It

Make a paper bat using some rolled-up paper, and a ball using some screwed-up paper. Ask someone to drop the paper ball just in front of you and see how far you can hit it.

Between the Targets

Use different objects e.g. plastic bottles, cardboard boxes, old clothing (anything which can be used as a marker). Create several goals which a ball can move through. Using a bat/racket and a ball (or a rolled-up paper bat), try to hit the ball through the goals. See how many hits it takes you to get through all the goals. Can you find a quicker way?

Hit and Catch

With a friend, play 'Hit and Catch'. Take it in turns to use the bat/racket (or paper bat) and the ball. Throw the ball towards the bat and see if they can hit it back to you. Can you catch it? Make sure you have a go at hitting and catching.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your bat and racket skills!

How to Use a Bat or a Racket:

1. Make sure you have a suitable size bat or racket.
2. Lay the bat/racket on the floor and pick it up from that position to get a good grip.
3. Hold your bat/racket tightly.
4. Move the bat/racket back slightly, then watch the ball as it comes towards your bat/racket.
5. Move it towards the ball and try to hit it.



Foundation PE (Reception) - Ball Skills

Home Learning Challenge Sheet

At school we are learning to use balls in a range of ways. Please help me at home. The following activities will help me to develop ball skills.

Activities to Support Learning

Throw, Catch, Bounce, Catch

Throw a ball in the air and catch it, then bounce it on the floor and catch it again. How many times can you do this before losing control?

Under or Over

Create a bridge which you can roll a ball under and throw a ball over – you could use a small table, a chair or some old boxes. Find a friend to play with you. Each stand either side of the bridge and shout 'Over' or 'Under.' If you shout 'Over' you should throw the ball over the bridge and your friend should try to catch it. If you shout 'Under' you should roll it under the bridge. Can you catch your friend out?

Obstacle Course

Use a range of different objects to create a course which you can move a ball round. You could use things such as pillows, boxes or chairs. Using a ball, set a friend different challenges e.g. 'Can you get the ball round the course using only your feet?' What challenge will they set you?

Stop That Ball

Ask a friend to throw, kick, roll or bounce a soft ball at you. Can you stop their ball? Think of all the different ways you can stop that ball.

How to Use a Ball in Different Ways:

1. Can you practise kicking a ball?
2. Can you practise rolling a ball?
3. Can you practise throwing a ball?
4. Can you practise catching a ball?
5. Can you practise bouncing a ball?

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your ball skills!

