



Year Group	Whole School (Reception, Year 1, Year 2)
Week beginning	18 th January 2021
Year group email address	reception@torpoint-inf.cornwall.sch.uk year1@torpoint-inf.cornwall.sch.uk year2@torpoint-in.cornwall.sch.uk

	In P.E. this half-term we are covering dance!	Learning outcome to send to teachers
Monday	<p>Warm Up: Children to move in different ways e.g. running, jumping, skipping, hopping then when you call out a body part (e.g. knees) they have to freeze and balance using that body part on the floor.</p> <p>Activity: Strictly Come Dancing! This week we are going to learn a dance in the style of 'Strictly Come Dancing' click this link to find the tutorial: BBC One - Strictly Come Dancing - #DoTheStrictly Today you need to learn steps 1-3. Pause and rewind the video when needed and master these steps. Challenge- can you put all three steps together?</p> <p>Cool down: Use the superhero 'chillout' on Jump Start Jonny</p>	Pictures of your children doing the warm up/ copying the moves.
Tuesday	<p>Warm Up: Children to move in different ways e.g. running, jumping, skipping, hopping then when you call out a body part (e.g. knees) they have to freeze and balance using that body part on the floor.</p> <p>Activity: Strictly Come Dancing!</p>	Pictures of your children doing the warm up/ copying the moves.

Strictly come dancing: [BBC One - Strictly Come Dancing - #DoTheStrictly](#)
Today you need to learn steps 4-6. Pause and rewind the video when needed and master these steps.
Challenge- can you put all three steps together?

Cool down:

Yoga:



Wednesday

Warm Up:

Children to move in different ways e.g. running, jumping, skipping, hopping then when you call out a body part (e.g. knees) they have to freeze and balance using that body part on the floor.

Activity: Strictly Come Dancing!

Strictly come dancing: [BBC One - Strictly Come Dancing - #DoTheStrictly](#)

Today you need to learn steps 7 and 8. Pause and rewind the video when needed and master these steps.

Challenge- can you put the steps together?

Pictures of your children doing the warm up/ copying the moves.

Cool down:

Use the cheerleader 'chillout' on Jump Start Jonny

Thursday

Warm Up:

Children to move in different ways e.g. running, jumping, skipping, hopping then when you call out a body part (e.g. knees) they have to freeze and balance using that body part on the floor.

Activity: Strictly Come Dancing!

Strictly come dancing: [BBC One - Strictly Come Dancing - #DoTheStrictly](#)

Can you put all the steps together? Pause and rewind the video to make sure you've remembered the steps in the correct order.

Cool down:

Yoga:



Pictures of your children doing the warm up/ copying the moves.



Friday	<p>Warm Up: Children to move in different ways e.g. running, jumping, skipping, hopping then when you call out a body part (e.g. knees) they have to freeze and balance using that body part on the floor.</p> <p>Activity: Strictly Come Dancing! Strictly come dancing: BBC One - Strictly Come Dancing - #DoTheStrictly</p> <p>Performance Day! You can now perform the dance you have been learning all week! Maybe you could perform it to your grown-ups or brothers and sisters.</p> <p>Cool down: Use the cool kids 'chillout' on Jump Start Jonny</p>	Pictures of your children doing the warm up/ copying the moves.
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