



Year Group	Whole School (Reception, Year 1, Year 2)
Week beginning	1 <sup>st</sup> March 2021
Year group email address	<a href="mailto:reception@torpoint-inf.cornwall.sch.uk">reception@torpoint-inf.cornwall.sch.uk</a> <a href="mailto:year1@torpoint-inf.cornwall.sch.uk">year1@torpoint-inf.cornwall.sch.uk</a> <a href="mailto:year2@torpoint-in.cornwall.sch.uk">year2@torpoint-in.cornwall.sch.uk</a>

		Learning outcome to send to teachers
Monday	<p><b>Warm Up:</b>            Traffic light game (red means stop, yellow means slow down and green means go) if you can go outside into the garden or to an open space they can run around. If inside then run on the spot or march.</p> <p><b>Activity:</b>            Circuits:            Activity 1- star jumps for 30 secs            30 sec rest            Activity 2- rocket jumps for 30 secs (touch toes then jump into the air)            30 sec rest            Activity 3- sit ups for 30 secs            30 sec rest            Activity 4- step ups for 30 secs (step onto the step and down)            30 sec rest            Activity 5- spotty dogs for 30 secs (scissor legs and arms simultaneously)            30 sec rest            Repeat</p> <p><b>Cool down:</b>            Use the superhero 'chillout' on Jump Start Jonny</p>	Pictures of your children doing the circuits.

<p>Tuesday</p>	<p><b>Warm Up:</b> Warm up- put an object on the floor between the children or you and the child say different things e.g. head, shoulders, elbows, knees, toes, tummy, then say grab and they have to be the first to pick up the item. Repeat.</p> <p><b>Activity:</b> Shark run- find 2 cushions/ small blankets/ hoops/ mats/ anything you don't mind your children stepping on. Choose a starting place and a finishing place (inside or outside). Children have to move from one place to the other by only stepping on the cushion/ other object. If they fall off or step onto the ground they are eaten by the shark and have to start again!</p> <p><b>Cool down:</b> Yoga:</p>  	<p>Pictures of your child doing the shark run!</p>
<p>Wednesday</p>	<p><b>Warm Up:</b> Play the bean game- you say a bean and they do the movement: Runner bean- run on the spot Broad bean- stretch out as wide as you can</p>	<p>Pictures of your children playing the bean game/ copying the moves.</p>



	<p>Frozen bean- stand still Baked bean- go down into a ball count down from 3 then jump up and shout ping Beans on toast- children to lie down on the floor String bean- stand on tip toes and reach up as tall as they can</p> <p><b>Activity:</b> Today we are going to be getting our bodies moving to the song 'Everything Is Awesome' Click this link <a href="https://www.jumpstartjonny.co.uk/home">https://www.jumpstartjonny.co.uk/home</a> to find it. Your challenge is to see if you can copy the moves.</p> <p><b>Cool down:</b> Use the superhero 'chillout' on Jump Start Jonny</p>	
Thursday	<p><b>Warm Up:</b> Warm up- put an object on the floor between the children or you and the child say different things e.g. head, shoulders, elbows, knees, toes, tummy, then say grab and they have to be the first to pick up the item. Repeat.</p> <p><b>Activity:</b> Circuits: Activity 1- burpees Activity 2- squat jumps Activity 3- bear crawls Activity 4- press-ups Activity 5- jumping jacks As many repetitions as possible in 2 minutes</p>	Pictures of your children doing the circuits.



	<p><b>Cool down:</b> Use the cool kids 'chillout' on Jump Start Jonny</p>	
Friday	<p><b>Warm Up:</b> Play the bean game- you say a bean and they do the movement: Runner bean- run on the spot Broad bean- stretch out as wide as you can Frozen bean- stand still Baked bean- go down into a ball count down from 3 then jump up and shout ping Beans on toast- children to lie down on the floor String bean- stand on tip toes and reach up as tall as they can</p> <p><b>Activity:</b> Musical statues: Play your favourite music dance around as energetically as possible, when the music stops... Freeze! If you move you're out or could have a forfeit e.g. 5 star jumps!</p> <p><b>Cool down:</b> Use the cool kids 'chillout' on Jump Start Jonny</p>	Pictures of your children playing musical statues.