

P.E Activities at home

Alternative to Alert2learn-free websites!

<https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw>

<https://family.gonoodle.com/>

<https://www.cosmickids.com/>

Year 2:

- 60 Star jumps in a minute
- 60 bounce catch in one minute.
- Hop 60 times in a row.
- Skip 10 times using a skipping rope.
- Skip across from one side of the garden to the other.
- Catch a tennis ball 5 times in a row with one hand. (THROW/CATCH)