



## Pre-School's Home task 20-3-24

### Getting Active and Taking a Risk

Return by Wednesday 17<sup>th</sup> April.

#### EYFS Objectives

Completing this activity with your child helps them reach these age-related expectations:

#### Physical Development:

To move in different ways with control and balance.

To climb up apparatus using alternative feet. To walk across a plank.

Over the holiday we would like your child to concentrate on their gross motor skills as we have been focusing on apparatus work in PE.

Therefore, we would like your child to visit a play area / park and have a go at climbing, up and over climbing frames or scramble nets. Can they also have a go at jumping off the apparatus and landing on their two feet.

Also, if they are very daring could they try the monkey bars as this is brilliant for developing upper body strength which is vital for helping your child's ability to hold and control a pencil.

Name:

### Lets Get Physical!



What activity did your child enjoy at the park? Please attach photographs or draw a picture on the back.

Could they jump off the equipment and land on their feet?

Did they climb up a climbing frame or a scramble net?

How far did they go?

Could they hang from the monkey bars?

How far along did they travel on it?