

RECEPTION PE ACTIVITIES – TUESDAY 2ND MARCH 2021

Hello, Reception

Hope you and your families are keeping well and safe.

Below are some ideas and videos to help you keep active while staying at home.

[Get up and Dance with Paw Patrol Video](#)

<https://www.youtube.com/watch?v=gm68Gmdeze0>

[Walking through the Jungle Cosmic Kids Video](#)

<https://www.youtube.com/watch?v=dKa2LHYcIn4>

[Kids Brain Break – Head in the Clouds](#)

<https://www.youtube.com/watch?v=PcwHyrZi-b8>

[Reception PE at Home Video](#)

<https://www.youtube.com/watch?v=fIG9-wdrZp0>

[Moon Mediation](#)

<https://www.youtube.com/watch?v=YYRLI3t7q0Y>

[Reception Fruit Dance](#)

https://www.youtube.com/watch?v=Nz2i_j2YZ2U

KS1 Fitness cards – have a go at the activities and see how many you can complete

Visit the school website PE page where there are lots of ideas how to keep active

<https://www.stmartindepordes.org.uk/pe-virtual-learning-page.html>

For lots more ideas on keeping active indoors please look at

<https://www.stmartindepordes.org.uk/stay-indoors-keep-active.html>

Keep safe and active – Miss Haydon