

PE tasks

EYFS

Choose 1 of the tasks below to complete at home to support your child's physical development.

Task 1 – Object control

Can you move/walk while balancing or holding an object on your hand? You must try to keep your hand flat if you are balancing. You can use any object that fits within the palm and won't break/cause harm if dropped. Give the children time to explore this task before giving support. Teaching points to support are: Keep your head straight, look and focus on something in front of you at eye level, keep still and move slowly.

Task 2 – Explore different ways of throwing/rolling and catching/stopping. Start with rolling and stopping. Roll a safe object towards your child and ask them to stop that object safely. They can use any body part to stop the object. The key will be to slow the object to a stop or trap the object. Blocking the object may cause it to rebound and not stop straight away. If this becomes too easy and is no longer a challenge, try catching a slow moving object or a slow moving bouncing ball. Try different object sizes and let the children explore using 1 or 2 hands. The key is to create a basket with your hands for the object to fall into, get this basket under the object, when the object lands in, grab the object and bring the object in towards the body to keep it safe. In terms of rolling remember to have fingers and thumbs facing down while holding the object and try to release and push the object with your fingers close to the ground but without touching. For throwing, use overarm or underarm. Let the children explore the actions. For both, remember to follow through in the direction of the target and release just before your hands start to point at the target.

Task 3 – Explore different ways of jumping and landing, using different starting positions and finishing positions. You can start on either 1 foot or 2 feet and finish on either 1 foot or 2 feet. Can you describe your starting position and finishing position? Which jump do you like best and why?

Try to make these tasks as simple as possible and give the children the time to explore each task before supporting them. Remember these are supposed to be fun activities so turn them into games or use existing games that you know.