

PE tasks

EYFS

Task

Story book movement

Week 1 - Choose a story book that you enjoy and read through the story. Think about the different actions that happen on each page. What actions do the characters have to do? Can you act out these actions? Work on a page at a time, moving as the characters in the story do. Think about how the characters feel and how this might change the way you move. Each day build on your actions and add them together. Try to work on 2 – 3 pages a day. By the end of the week you should have some different actions for each page and you can act out the story using your movements. How can you link all of your actions together?

Week 2 – Think about your movements from the story you did last week. Remind yourself of the movements that you did on each page. Choose some of your favourite movements and explore these. Can you try these same movements while in; a low position, a middle position and a high position? Next, see if you can turn your favourite movements into a small dance. Can you use low and high positions and can you think about when to move fast, when characters are excited or angry (yellow zone and red zone), and when to move slow (calm green zone or sad blue zone). At the end of the week, perform your dance to a parent or sibling.

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.