

P.E. Wednesday 20/05/20

WALT test and choose the activities for our family sports day.

This week we are planning a family sports day for our Friday topic lesson!

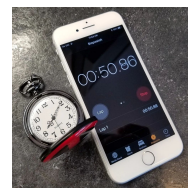


What activities do you want to organise for your family sports day?

Watch the video to see some of our ideas:

<https://vimeo.com/418552525> (password: year 1)

You will need:



- **Egg and spoon race** - Place a ball on a spoon. How quickly can you get from one end of the room to the other without dropping the ball?
- **Water race** (probably best for outside) - Put a small plastic tub of water on your head. Can you get from one end of the garden to the other without spilling any water?
- **Loo roll keepy uppies** - How many times can you kick a loo roll up without it falling on the floor?
- **Soft toy throw** - Place a basket at one end of the room and stand at the other end with a soft toy. Can you throw the soft toy in the bucket?



Can you think of any of your own?

Test out your activity ideas. Do they work? Do you need to make any changes?

You might want to ask someone to time you. You can use a stopwatch on a tablet or phone.



Choose 3-5 activities for your family sports day.

Music Wednesday 20/05/20 (and everyday or whenever you can!)

WALT learn some new rhythms with notes 'ta', 'tete' and 'sh'.



Join Kirsty to practise some new rhythms.

Follow this link to join in **Week 4, Part 3.1**:

<https://www.lambethmusic.co.uk/mx-years-1--2.html>

Sign in details below if it asks for them:

Username: resources@lambethmusic.co.uk

Password: Token2020