



# EYFS PE



# WHFCS PE

# EYFS PE Activity Booklet



# EYFS PE

## PE Dance Activities

### Warm up-

For your warm up you will need a helper to play music, whilst the music is playing your helper will call out video instructions, once these instructions are called out you complete the instructions.

#### 4. Traffic Lights

'Red' - stop

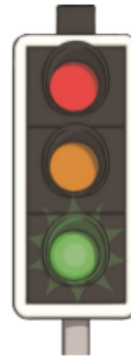
'Yellow' - jog on spot

'Green' - jogging

'1st Gear' - walk

'2nd Gear' - jog

'3rd Gear' - sprint



## PE Games and Challenges

Foundation PE (Reception)

Simon Says Warm-Up Activity 25

### Simon Says

- Remind children about the rules of 'Simon Says'.
- They should only do the action if 'Simon Says' is said before the instruction.
- They should not do the action if 'Simon Says' is not said.
- Give children a range of aerobic and stretching activities to warm their bodies and muscles up.
- Alternate between 'Simon says...' followed by the action, and just shouting an action.
- Some actions you could use are:
  - Jog on the spot.**
  - Run around the room, changing directions.**
  - Skip around the room.**
  - Touch your toes, keeping legs straight.**
  - Five tuck jumps on the spot.**
- You could ask a child to be Simon and allow them to give out the instructions.



Foundation PE (Reception)

Shape It Up Warm-Up Activity 23

## Shape It Up

- Children find a space.
- Play some lively music.
- Children move to the lively music.
- When you stop the music, hold up and shout out a shape.
- Children try to use their body to make the different shapes.
- Continue with different shapes, encouraging children to use different body parts.
- Play the game for about 5 minutes.



Foundation PE (Reception)

Musical Body Parts Warm-Up Activity 17

## Musical Body Parts

- Children find a space.
- Play some lively music.
- Children should move to the lively music.
- When you stop the music, hold up and shout out one of the body parts.
- For whichever body part you hold up, children need to make sure that body part is touching the floor.
- Continue, making sure you use a range of body parts.
- Play the game for about 5 minutes.



Foundation PE (Reception)

Heads, Shoulders, Knees and Toes Warm-Up Activity 13

## Heads, Shoulders, Knees and Toes

- Remind the children of the song 'Head, Shoulders, Knees and Toes'.
- Explain to the children that they are going to sing the song and complete the actions in a range of ways.
- They should keep signing the song and completing the actions while moving in different ways e.g. jumping, hopping, skipping, walking, jogging, hopping, tiptoeing.
- Use the cards so the children can see which action they should be completing.
- Play the game for about 5 minutes.



## Cool down –

Foundation PE (Reception)

Body Shapes Cool-Down Activity 7

## Body Shapes

- Ask the children to sit on the floor.
- They should move around the space on their bottoms.
- Shout out a shape command and the children should make that shape:

### Long

Make a long shape.

### Wide

Make a wide shape.

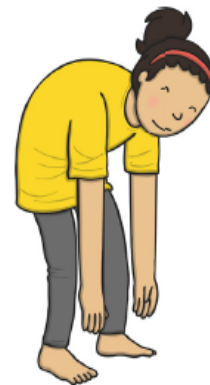
### Tuck

Bend arms over legs to touch toes.

### Flat

Make a flat shape.

- The cool-down activity should last a couple of minutes.



# EYFS PE

## Personal Challenges –

The personal challenge will involve you doing activities without stopping .Then repeating this every day to improve your technique. See how long it takes you to complete.

Fitness Circuit Cards

### Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



Fitness Circuit Cards

### Tuck jumps

Do 10 tuck jumps:

- How high can you jump?
- Can you jump higher than your buddy?
- How many tuck jumps can you do without stopping?



Fitness Circuit Cards

### Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



Fitness Circuit Cards

### Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



## PE Challenges –

I would like you to do complete the wake up shake up video.	Go find an item in your house with the same letter as your first name.	I would like you to do a Disney dance along
I would like you to skip around and change direction every 5 seconds	Can stand on one foot for 10 seconds	I would like you to do 10 star Jumps
I would like you to complete a cosmic kids yoga workout	I would like you to do a Just dance video.	I would like you to run on the spot for 20 seconds



# EYFS PE

## Let`s Dance

I have attached some dance activities that you can do at home with your family.

### Musical faces –

Ask an adult to play some music for you; dance in any style you want but when the music stops you should freeze. Pull an emotional face e.g. Happy or sad face. Can the adult guess what face you are pulling?

### Copy my Dance –

Ask an adult to play this game, one person performs a dance; the other person must then follow this dance but add a part of the dance on every time it`s their turn.

### If you`re happy and you know it –

Make up your own actions for the song, who can make up the most imaginative actions. Take it in turns with adult to see who can think of the best actions.



# EYFS PE

## Home learning links

During home learning, I have attached some activities that you can do at home to keep you active. I would like you to try your best and stay active!

Get Kids moving -

<https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ>

Cosmic kids Yoga -

<https://www.youtube.com/user/CosmicKidsYoga>

Disney Dance along -

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Change for life -

<https://www.nhs.uk/change4life/activities>

Wake up shake up –

[https://www.youtube.com/watch?v=x\\_9L5\\_A6Ww4](https://www.youtube.com/watch?v=x_9L5_A6Ww4)

Go noodle –

<https://www.gonoodle.com/>

Footy pups –

<https://www.youtube.com/channel/UCPEU0-Q1XvF4khh6aC2JSmA/featured>

Just dance Kids –

[https://www.youtube.com/results?search\\_query=just+dance+kids](https://www.youtube.com/results?search_query=just+dance+kids)

Boogie beebies –

<https://www.bbc.co.uk/programmes/p01z05js>

