

PE – Thursday 28th January

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Audio

Recording

Here are some instructions for how to run to keep you safe.

How to Run:

1. Make sure that your head is up and looking where you are running.
2. Lean forward slightly.
3. To run quicker, pump your arms up and down.
4. Make sure your eyes are focusing forwards.



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Can you have a go at these activities to practise your running?

You could take a photo or a video, or even draw a picture to show us!

Running on the Spot

Start by running on the spot. A grown-up will shout out different commands e.g. 'faster' or 'slower'. Listen to the command and change your speed.

Up and Down Running

Run around and listen to the instructions from your grown-up. When you hear them shout 'up', jump up high. When you hear them shout 'down', bend down and try to touch the floor.

Collect the Coins

With a grown-up, make some pretend pirate coins with numbers 1-10 written on them. Your grown-up will spread out the coins and use different objects as obstacles e.g. soft toys, pillows, old boxes. Next, run around the obstacle course, trying to collect the numbered coins in the correct order.