



#stayhomestayactive

#PEatHome1

## EXPLORE



You'll need a ball or you can use a small soft toy, or a pair of rolled up socks.

### Bright ideas:

- Can you roll your 'ball' along the floor using different parts of your body? Try using your foot, hand, knee, elbow or nose! What other body parts could you use?

Sit on the floor with your ball.

- Can you roll it down different parts of your body – your legs, arms or your back maybe?

- Now can you roll your ball under your body and through your legs? Could you do this standing up?

Keep looking at the ball as you explore these skills.

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Cricket?

<http://meseleycc.co.uk/>

<https://suttoncoldfieldcricketclub.weebly.com/>

<https://wainleystarclub.co.uk/>

## PRACTICE

Now try using your hand to roll the ball into a space in front of you. Chase after it and pick it up. Try doing this over a short distance and then over a longer distance.



Ask someone to help you now. Could you roll your ball to them so they can stop it and pick it up?

### Expressive Arts and Design

Some people at cricket matches play musical instruments to make an exciting atmosphere.

Can you make your own musical instrument at home? A simple way is to fill an empty bottle with some grains of rice. You don't have to use rice – anything small that makes a great sound when shaken is fine.

Or use an empty container or box as a drum. You can tap rhythms with your hands or use a spoon!

What sounds can you make?

Can you shake or tap along to your favourite songs?

### Personal, Social and Emotional Development

Talk to someone in your home about which activity you really enjoyed. Can you say why you enjoyed it?

Talk about which activity you thought you were good at, and say why.

Then talk about other activities that you think you are brilliant at doing!



Make sure you have enough safe space to complete the tasks!

## DEVELOP

### Roll-a-Ball Skittles

You will need to find 6 more objects for this activity. Empty plastic bottles, milk cartons or cardboard tubes are perfect but anything tall and narrow will work.

Arrange your 'skittles' into a small group and stand a short distance away.

Roll your ball at your skittles. How many can you hit or knock down with your ball? Count each skittle that you knock down or hit.

Stand further away if you knock them all down. Challenge someone to play a game with you.



### Parent's Tip!

Encourage your child to be creative in the 'explore' task. Allow them to be confident handling and moving the ball.

Help your child to roll accurately at the skittles by looking at the target, bending their knees and standing slightly sideways on. Swing their arm so that it ends up pointing at the target.

# EYFS