

## PE @ Home Task Card

### Week 3 – Reception Fundamental Skills

#### Underarm Throw

<p>Task 1 - To underarm throw from a distance.</p>	<p>Make sure you have enough space to throw your objects.</p> <p>Practice underarm throwing into a space with your handwriting hand (your strongest one. When attempting your underarm throw, make sure you are following the teaching points.</p> <p>Try and do as many underarm throws as far as you can.</p>	<p>Teaching Points –</p> <ul style="list-style-type: none"> <li>• Throwing object in strongest hand with fingertips facing upwards.</li> <li>• Step forward with opposite foot to throwing hand (opposite arm, opposite leg).</li> <li>• Non- throwing arm to use as aiming arm.</li> <li>• Bring your arm back at 3 o'clock and release it at 9 o'clock.</li> </ul> <p>Equipment –</p> <p><b>Throwing Objects</b> E.g., Tennis balls, Soft ball, Apple or Orange.</p> <p><b>Target Objects</b> Bucket, Laundry basket, Large/small bowls, or a Cushion.</p>
<p>Task 2 - To underarm throw into or onto a target.</p>	<p>Now you know how to do the underarm throw, find somewhere that has a big enough space for you to be able to throw to a target. The aim is to make a successful underarm throw into/onto a target.</p> <p>Start behind something that you can use as a start line and make sure your target is at least 1 metre away to start off with. Keep continuously practising your throw into/onto a target until your object successfully reaches it.</p> <p>Make sure you are following the guided teaching points for your throw to be accurate. Then try moving your target further to challenge your under arm throwing.</p>	
<p>Video Link - <a href="https://youtu.be/hOmME6756Ws">https://youtu.be/hOmME6756Ws</a></p>		<p>Adults at Home – Please re-emphasise the teaching points shown in the video. Ensure the space is safe and appropriate.</p>

#### CHALLENGE CARD

How many throws into a target can you do in **one minute**?  
You will need somebody to time you and count your throws. This will enable you to focus purely on your own throwing.

**Gold- 9 throws**

**Silver- 6 throws**

**Bronze-3 throws**



# PE @ Home Task Card

## Week 3 – Reception Athletics

A Walk Through the Woods		
<p>Task 1 – Jump through the stream.</p>	<p>Place your markers in a line from where you want to start, then place a separate line of markers in front of you to make a stream (you can choose how big the stream is).</p> <p>From behind your marker, you need to do a two-footed long jump as far as you can. Make sure you jump from two feet to two feet, without falling over.</p> <p>Repeat until you have reached the other side of the stream, be careful you do not get your feet wet!</p> <p>Then try and beat your previous score, can you jump the stream in a smaller number of jumps?</p>	<p>Teaching Points -</p> <ul style="list-style-type: none"> <li>• Take off and land on two feet.</li> <li>• Bent knees.</li> <li>• Using arms for momentum</li> </ul> <p>Equipment -</p> <ul style="list-style-type: none"> <li>• Markers (cones, chalk line, line of socks)</li> </ul>
<p>Task 2 – Throwing the bread into the pond (overarm throw).</p>	<p>Put a marker down where you want to start from. Place a target 3 metres away from your start marker – try and make your target around 1 metre wide (using cushions/cones/buckets). You can move the target forwards or backwards to change the difficulty.</p> <p>Place the object in your preferred hand, stand side on with your opposite leg forwards pointing the direction you want to throw.</p> <p>Your aim is to throw the bread into the pond, whether the bread goes in or not you then run around the pond to get back to your original starting position.</p>	<p>Teaching Points -</p> <ul style="list-style-type: none"> <li>• Opposite foot forward to throwing arm.</li> <li>• Opposite arm aiming where you want the bread to go.</li> <li>• Throwing arm behind your head, throw overarm and follow through.</li> </ul> <p>Equipment -</p> <ul style="list-style-type: none"> <li>• Markers</li> <li>• Throwing equipment (rolled up sock, tennis ball)</li> </ul>
<p>Video Link - <a href="https://youtu.be/vJew7Hy_Wlw">https://youtu.be/vJew7Hy_Wlw</a></p>		<p>Adults at home – Please re-emphasise the teaching points shown in the video. Please ensure the space is safe and appropriate.</p>

### CHALLENGE CARD

How many times did you get the bread in the pond?

Gold = 9 Silver = 6 Bronze = 4

