

WHFCS Nursery PE

Summer term

Throwing

Warm up – 5-minute move workout

Marching on the spot –

1. Stand with your feet hip width apart
2. Lift one foot then the other
3. Stay on the same spot
4. Lift your knee up high , keeping your back straight.
5. Pump your arms as well



Star jumps –

1. Start with your feet close together
2. Jump and land with your feet wide apart
3. Stretch your arms out and above your head
4. Jump your feet in and your arms down



Sprint shuffle –

1. Crouch your body down
2. Run quickly on the spot
3. Pump your arm
4. Turn to the middle and the side, make sure you have fast feet.



Squat –

1. Start with your feet a bit wider than your shoulders
2. Squat down as if your sitting in chair
3. Stand up tall again
4. Keep a straight back.



Climb the rope –

1. Pretend to climb a rope
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot .




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Lesson objective – Throwing

For all the throwing activities if you have a ball you can use it or alternatively if you have a bean bag. If you haven't got either of these you can use socks rolled up into a ball, a sponge or a piece of clothing rolled up into a ball shape. **Practise your throwing and catching skills with this Sevens Ball Game challenge. Starting at 7 and working down to 1, complete each throwing and catching activity in order without dropping the ball. If you make a mistake, you must start back at number 7 again.**

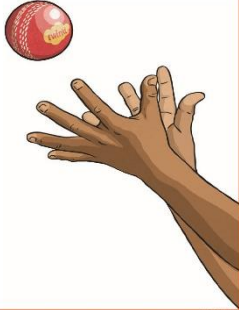
7

Throw the ball up in the air, let it bounce once and catch it.
 Complete 7 times.



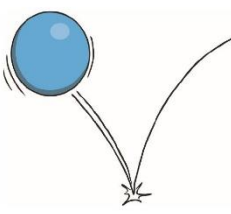
6

Throw the ball up in the air and catch it, without a bounce.
 Complete 6 times.



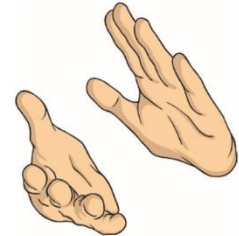
5

Bounce the ball on the ground five times and catch it.
 Complete 5 times.




4

Throw the ball up in the air, clap once and catch it.
 Complete 4 times.




3

Throw the ball under one leg, up in the air and catch it.
 Complete 3 times.



2

Throw the ball up in the air, do a 360° turn, let the ball bounce once and catch it.
 Complete twice.



1

Throw the ball up in the air, do a 360° turn and catch it, without a bounce.
 Complete once.

