



# WHFCS Nursery PE

## Summer term

### Lesson 3 Objective - Running

#### Warm up -

I would like you to do these warmup techniques, could you do this for 30 seconds and do this 3 times. You need to find a space inside or outside and try your best!



#### I would like you to skip -

#### I would like you to run as fast as you can on the spot -



#### I would like to jump -



#### Running technique -

We are going to learn how to run properly I would like you to practice on a spot to run and follow these instructions -

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

#### Coach says-

We are going to play a game where you will be listening to your parents and family member and follow the instructions, if they say, "Coach says HOP" you must hop around. You include jumping, skipping, running on the spot as fast as they can.





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If they are finding it easier, the parent could change it to them doing the opposite and try to catch them out.

## Catch Me if You Can

Find an area to play in and set up some finish lines for example a slide in the park or a tree in the garden. Try to run between the different finish line spots in the area without a grown-up catching you. How many safe spots can you get to?

## Obstacle races -

Your grown-up will use different objects as obstacles such as soft toys, pillows, old boxes. Next, run around the obstacle course, you could hop, skip, jump. Here are some suggestions of what you could use

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## Egg and spoon race -

I would like you to attempt an egg and spoon race, you need a grown up to help you find a spoon and on the spoon I would like you to try and balance a beanbag, or a small ball. You can set up your own race and distance against a family member or against a clock.





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