**Together we grow Saplings**

**W/C 11/05/20: Sport**

**Physical development**

How many jumps / skips/ hops/ claps can you do in one minute/ two minutes? Don’t forget to count as you are doing them. Challenge another member of your family to see if they can beat you.

**Maths/ Literacy**

Record on paper how many of the above you and the person you challenged were able to do, which one did you do the most of? practicing your formation of numbers

**Physical Development**

\*Make a track or a road to ride your Bike/Scooter/Trike around

\* Play a game of Football/Catch/Tennis

**Health and selfcare**

What happened to your heartbeat after exercising? How does your body feel?

**Expressive Arts and Design/shape,space and measure**

Make yourself a medal or trophy. Can you design the colours or pattern you would like to wear on a team shirt?