

# let's get active



Hello everybody and I hope this finds you all well and ready to get active!!! You can put away those books and copies, and this week we are going to be doing active body learning!

This week is going to be used to improve our Fundamental Movement Skills, specifically:

- Skipping
- Balancing
- Throwing
- Catching

These were the areas that most children felt they needed help with (remember the questionnaire you answered waaaaay back at the beginning of the year??)

You will end the week with a virtual sports day, and you might be lucky to get some hot dogs and ice cream from your parents!!

So enjoy the week, maybe look over the video clips and activities the evening before, gather up the things you will need, and have fun. I am hoping that you will do this collaboratively working with your brothers and sisters, and help each other out!

Don't forget to take videos and pictures and send them to your teachers!



Have fun, Ms Murphy