**Friday 04th May 2018 – sports**

3.30pm-4.00pm – children will have snacks and prepare for activity

4.00pm-5.00pm- warm up – we will play header or catch where children will make a circle, header means catch and catch means header, the leader will shout out to each child header or catch and children will have to try and remember that they are opposites we will play this until there is one winner.

We will then move onto hop, step and jump where they will run up into a hop move into a step with two feet and then jump landing on both feet, we will put the children in two teams the team that jumps the furthest will win that round we will have three rounds, children will learn the skills on how to hop and try and balance on one foot, and then learn how to step into the a step with two feet they will learn how to transform from a hop into a step and how to keep their balance. Finally with the jump we will go through how they are meant to keep their arms, knees and legs to have a good big jump.

We will then move onto running races, keeping within their groups they will do running races to one cone and then back.

Warm down- we will warm down by stretching out and doing some simple muscle exercises.