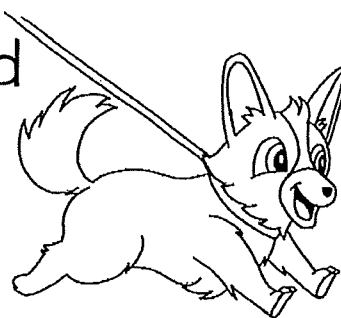


Name

Date

Out and
about



Plus 2

$8 + 2 =$	$7 + 2 =$	$6 + 2 =$	$5 + 2 =$
$4 + 2 =$	$3 + 2 =$	$2 + 2 =$	$1 + 2 =$
$8 + 2 =$	$7 + 2 =$	$6 + 2 =$	$5 + 2 =$
$4 + 2 =$	$3 + 2 =$	$2 + 2 =$	$1 + 2 =$
$8 + 2 =$	$7 + 2 =$	$6 + 2 =$	$5 + 2 =$

My Score:

How many stars did you score?



Number Jigsaws

Someone has broken the number square into pieces!
Can you fill in the missing numbers?

	4	5
13		
	24	

11	12	
	22	
		33

8	
	19

3		
13		15

16
35

	64	
73		75
83		

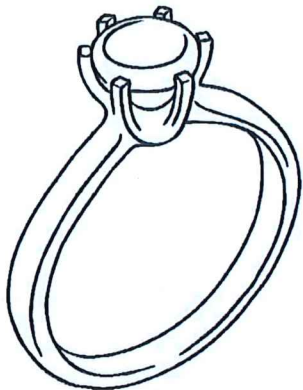
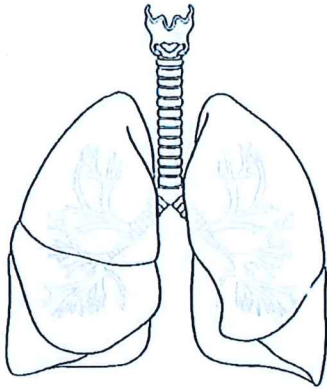

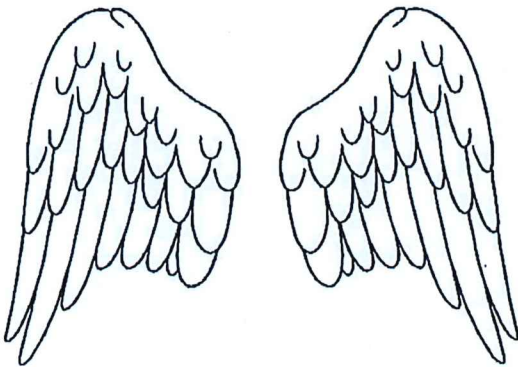
16		
	27	
		38
		48

44		
	55	
		66

78	
	89
	100

ng Words Cut and Paste

Can you make words to match the pictures?



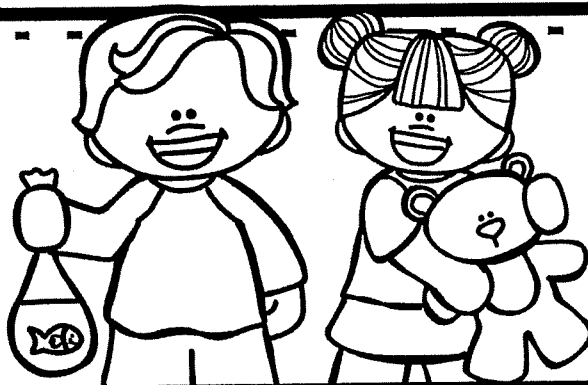
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r	s	i	u	ng	ng
i	l	i	w	ng	ng

Name: _____

person, place or Thing



	Person		Person
	Place		Place
	Thing		Thing
	Person		Person
	Place		Place
	Thing		Thing
	Person		Person
	Place		Place
	Thing		Thing
	Person		Person
	Place		Place
	Thing		Thing



Physical Education

Term 1

Week 6 – Year 1

Fundamental Movement Skills

Hopping

Skill Explanation

Hopping is a more advanced skill than jumping as it requires balance and strength. Children between the age of 5 and 7 should show marked improvement in speed, control and technique. Hopping is a good indicator of being able to maintain balance while moving, which is often referred to as dynamic balance.

Skill Criteria Checklist:

1.	Support leg bends on landing, then straightens to push off
2.	Lands and pushes off on the ball of the foot
3.	Non-support leg bent and swings in rhythm with the support leg
4.	Head and trunk stable, eyes focused forward
5.	Arms bent and swing forward as support leg pushes off
6.	Able to hop on both left and right legs
7.	Support leg bends on landing, then straightens to push off

Skill Example

Watch this video link to learn how to Hop!

[Link](#)

How to show us!

Please create a video of yourself doing this skill and upload it to your class dojo portfolio.

Send Mrs Bastick or Miss Stumpf (whoever teaches you for PE) a dojo message to let us know that you have completed it.

Extension

Let us know something you found interesting about this task.

What challenges did you face? How did you overcome them?

Did you modify it?

How did your body feel before and after the task?