

# Year 1 Home Learning Activities

## Balances

We have learnt some different balances in our lessons.

**Rock balances:** On our side, back, tummy, shoulders or bottom.

**Shell balances:** On our knees or hands and feet. **Anchor balances:** On one foot.



Make some rock, anchor and shell cards showing the different balances. Ask someone at home to choose a card one at a time and then perform each balance on the card. Can you perform a different balance each time? Choose three or four cards to create a sequence of balances.

## Balancing

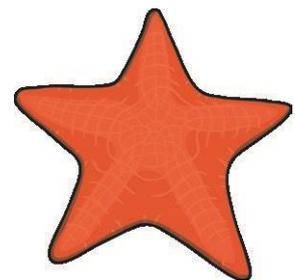
Look at the shape of some different creatures or items from under the sea.

Can you create a balance in this shape?

Are you stretching your body as much as you can?

Are you holding the balance still?

Can you draw the shape that your body is making?



## Stretch Your Body

To improve the quality of our jumps, rolls and balances, we have been focusing on making clear body shapes and stretching our muscles as much as we can.

Put your body into the shape of these movements and practise stretching your muscles.

- Jumping jack
- Log roll
- Curled roll
- Straight jump
- Teddy bear roll



## Jumping

Choose one of the jumps that we have been practising in our lessons (jumping jack, tuck or straight jump with a half turn) and teach it to someone at home.

What information do you need to tell them so that they can perform the jump correctly?

Have you told them how to land their jump safely?

Watch them perform their jump and give them some useful feedback to help them to improve.



## Building Sequences

In our lessons, we have been putting movements together to create sequences. Can you create your own sequence of movements? You can use any movements (e.g. touch your toes, straight jump, hop forwards, stretch your arms above your head).

Draw or write down your sequence for someone else to follow. Ask someone at home to make a sequence for you to follow.