

LI: To listen to and follow instructions.

I can follow verbal instructions linked to different exercise.

I can read my instructions to another person.

Encourage your child to imagine taking part in The Sports Day. Read the first instruction and demonstrate balancing an egg on a spoon. Ask your child to repeat this action.

Invite your child to read the next instruction to you so you can demonstrate the exercise. Then swap.

- Carefully balance an imaginary egg on an imaginary spoon.
- Walk to the end of the room balancing the egg on the spoon.
- Lift your arms above your head.
- March on the spot.
- Touch your toes.
- Turn around.
- Move your hips around 10 times.
- Jump on one leg 5 times.
- Hop around the room.
- Skip on a skipping rope.
- Crawl like a bear around the room.
- Sit down with their feet in front and hands behind, then take your hips off the ground so you are walking like a crab.

