

Bounce



Can you run like a cheetah, leap like a frog or bounce like a kangaroo?

This half term, we will be finding out if we can hop, skip, run, jump and bounce! We'll visit a soft play area and jump, wriggle, run and crawl, moving under and over, along and through play equipment. We'll write about our special visit, create imaginative poetry, follow instructions, write information books and design leaflets. We'll take part in a variety of sporting activities and see if practice makes perfect. Film clips, photographs and information books will help us to investigate how animals move, and we'll find out how exercise can affect our bodies. Our maths skills will help us to discover how far we can throw and how quickly we can run. We'll investigate different spheres and create a beautiful, spherical art installation. Our sporting heroes will provide us with plenty of inspiration as we work together in teams and rely on each other to score points and win games.

At the end of the project, we'll share what we have learnt with you. We'll demonstrate our movement and dance skills during a celebration assembly, explain how exercise and a healthy lifestyle are important for everyone and unveil our art installation.

ILP focus	PE
English	Recounts, information books, instructions, stories, poetry
PE	Throwing and catching
Art & design	Sculpture
D&T	Materials and mechanisms
History	Sporting heroes
Mathematics	Measurement, properties of shapes
Music	Chants and rhymes
PSHE	Teamwork, health and well-being
Science	Caring for the environment

Help your child prepare for their project

Exercise is so much fun! Why not visit a park, playground or leisure centre and take part in a sport you are less familiar with, such as crazy golf, tennis or even trampolining? You could also watch a sporting event together, either live or on TV. Talk about the rules of the game and listen carefully to the commentary. Alternatively, practise a skill together for the duration of the project. Skip, run, jog, bounce a ball or do kick-ups every day to see if your skills improve.