

# Getting ready for school

In a few short weeks you will be starting school with us. Here are some challenges and activities we'd like you to have a go at so that you are ready and raring to go.

Good luck and enjoy!

## Physical Development:

When you start school you we will be doing lots of activities to keep fit and healthy.

Here are some ideas to help you stay healthy over the summer.

1. Play a game which involves moving in different ways. A family member can tell you how to move. Maybe you could roll along the floor, run, walk, hop, skip, slide or crawl?
2. Can you climb up the stairs or a ladder using alternate feet?
3. Can you balance on one leg? Count how long you can do this for. The more you practise the longer you will be able to do it.
4. Ask someone to throw a large ball to you. Can you catch it?
5. Can you move at different speeds? Perhaps you can run really fast or walk really slowly?
6. Can you kick a ball?
7. If you have a scooter, can you scoot fast and slow? How far can you travel without putting your foot down?
8. If you have a bike, practise pedalling and steering. If you have a balance bike, how long can you balance for without putting your feet down?
9. Can you run for 5 minutes without stopping? At school we will be running the 'daily mile'. This is about 5 minutes running every day! You could start practising!