

Thursday 14<sup>th</sup> January

We try to always spend Thursday mornings doing PE. Here are a few options of some PE ideas:

- Cosmic kids yoga story- great for a bit of chill time but also staying energised!
- Just Dance or Go Noodle videos- bit more fast paced than yoga but just as fun! You can find different videos on YouTube, adults don't be afraid to join in!
- Obstacle course inside or outside- see if you can find things to climb under and over. Maybe have things to kick, throw and roll as part of it?
- Throwing and catching practice- this doesn't have to be with a ball, balloons are a great starting point and so much fun!

Feel free to choose a couple of ideas, maybe read out the options and pick some with your child? It would be great to keep practicing how to get dressed yourself, especially when it comes to tricky button and ties. Being able to do your own shoes up, especially when the velcro comes out, would be great to practice as well.

After PE and getting changed we would have some free time. This would include reading with an adult, drawing, writing, playing games, constructions activities, role play, playdough to name a few! Maybe spend some time today have the chance to look at your favorite book with your favorite teddy?

Thank you for your Tapestry updates, sorry if I do not reply to all of them individually but it is so lovely to see everyone!

Have a lovely day!

Mrs Edlin