**Keep Active:** week 3 06.04.2020

**Fine Motor** – we have been exercising our brains and our bodies. Now it is time to exercise our fingers. See playdough

Mums, dads, carers now is a good time for your children to learn to dress themselves if they cannot do so.

**Keep Active** – remember to be active throughout the day

**PE with Joe -** <https://www.youtube.com/watch?v=Rz0go1pTda8&list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl>

**Just Dance** on Youtube have lots of videos with dance moves for many well-known  popular songs.
<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>

**Calm Monkey** - some relaxing yoga and stretching

<https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg>

**Create your own obstacle course** – time yourselves. Who can complete the course the fastest?

**Using your number line** to stay active – adult call out a number – find different ways of moving along the number line to that number - hop, jump, bunnie hop, sideways. Call out a number sentence. Work out the answers by moving forwards and backwards.