

Foundation PE (Reception) - Running

Home Learning Challenge Sheet

At school we are learning to run. Please help me at home. This is what we need to do to become good at running.

Activities to Support Learning

Running on the Spot

Start by running on the spot. A grown-up will shout out different commands e.g. 'faster' or 'slower'. Listen to the command and change your speed.

Catch Me if You Can

Find an area to play in and set up some safe spots e.g. a slide in the park or a tree in the woods. Try to run between the different safe spots in the area without a grown-up catching you. How many safe spots can you get to?

Up and Down Running

Run around and listen to the instructions from your grown-up. When you hear them shout 'up', jump up high. When you hear them shout 'down', bend down and try to touch the floor.

Collect the Coins

With a grown-up, make some pretend pirate coins with numbers 1-10 written on them. Your grown-up will spread out the coins and use different objects as obstacles e.g. soft toys, pillows, old boxes. Next, run around the obstacle course, trying to collect the numbered coins in the correct order.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your running skills!

How to Run:

1. Make sure that your head is up and looking where you are running.
2. Lean forward slightly.
3. To run quicker, pump your arms up and down.
4. Make sure your eyes are focusing forwards.

