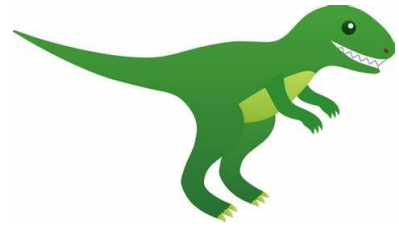


Week 5—Physical Development

Activity 1—Yoga

<https://www.youtube.com/embed/rnlDBKD2S78>

<https://www.youtube.com/embed/U1UcBGIIf50>



Choose between being a dinosaur or a mermaid. Or be both!

How will you move?

Where will the story take you?

Can you get your body into all the different poses—you have been practicing every week so you are definitely Yoga experts by now!



Activity 2—Moving like the Three Bears

Can you move like the Three Bears?

Which Bear would you be?

Do the bears all move in the same way?

How would you move—quietly or loudly? Slow or quick?

Its time to re-enact the story!



Ask your grown up to tell the story. Then move in the way of each bear, being careful not to bump into anything or anyone!

If you have a sibling, maybe they could join in too!

To move like **Daddy Bear** you need to - take large steps and stomp.

To move like **Mummy Bear** you need to— take smaller, gentle steps, be light on your feet.

To move like **Baby Bear** you need to—walk on your tiptoes or skip.

Don't forget to use your Makaton signs to do the actions for each part of the story!

Activity 3—Threading Bear

Using the bear template resource, develop your child's fine motor skills.

Trace the outline of the bear onto some card and cut out the shape.

Make some holes around the edge.

Find a needle and some thread and demonstrate how to thread through the holes, going in and out of each one.

Encourage your child to have a turn—describing the actions they need to use to complete the task.

Using another copy of the bear template—can your child cut around the edge?

Demonstrate how to safely use the scissors.



Activity 3—Bear Template

