

# Foundation PE (Reception) - Crawling

## Home Learning Challenge Sheet

At school we are learning to crawl well. Please help me at home. The following activities will help us to become good at crawling.

### Activities to Support Learning

#### Crawl, Crawl, as Fast as You Can

Have a crawling race with someone. Who can crawl the fastest and win the race?

#### Under My Legs

Ask an adult to make a bridge with their legs. Can you crawl under the bridge? Swap over and see if they can crawl under your legs.

#### Crawling Obstacle Course

Using household or garden objects such as pillows and cushions, tables and chairs or old boxes, create a crawling obstacle course. Ask someone to time you to see how long it takes for you to crawl round the course. Keep practising to see if you can improve your time.

#### Lie Down, Lion

Pretend to be a lion; you can do this by crawling around with your head held high. Throughout the game, ask someone to shout 'Lie down, Lion,' and you should then lie down flat until they shout, 'Get up, Lion.' How quickly can you lie down and get back up to a crawling position?

#### How to Crawl:

1. Stay close to the ground.
2. Use your knees to help you crawl.
3. Make sure you use your arms and legs to help you stay balanced when crawling.
4. Make sure you look forward when crawling.

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 crawling skills!

