

Foundation PE (Reception) - Climbing

Home Learning Challenge Sheet

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

Activities to Support Learning

What Am I Walking On?

Find different surfaces and textures which you can stand or walk on e.g. grass, mud, stone, carpet, cardboard, sandpaper, bubble wrap. Take your shoes and socks off and either ask someone to blindfold you, or close your eyes. Can you guess what kind of surface you are standing on?

No Hands

When you are out and about, try to walk along low-level walls and benches (only do this when an adult tells you it is safe). See if you can walk along the benches or walls without holding someone's hand.

How Fast Can You Go?

When playing on playground climbing equipment, ask an adult to set you little challenges e.g. how fast can you climb the climbing frame or get up the slide? Repeat the challenge lots of times to see if you can improve your time.

Cheeky Little Monkeys

A lovely game to play in the park where there are lots of things to climb. Learn this rhyme:

'Cheeky little monkeys hiding in the tree.
Cheeky little monkeys – I bet you can't find me!'

Sing the rhyme, then ask someone to count to 10. While they are counting, find somewhere to climb and hide. Can you hide like a cheeky little monkey? Have you managed to climb to find a hiding space?

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 climbing skills!

How to Climb:

1. Make sure you look where you are climbing.
2. Don't reach too far.
3. Take risks - try to take another step or go a little bit higher (ask a grown-up to help you to challenge yourself).
4. Experiment with climbing on, over and up different things (as long as you are safe) - this is the best way to learn to climb.

