








Home Learning - Get Active!

<p>Go for a walk</p> 	<p>Have a dance party in your garden</p>	<p>Build your own obstacle course and time yourself</p>	<p>Throw a Frisbee - how far will it travel?</p>	<p>Throw and kick a ball against a wall - how many can you do it in a row?</p>
<p>Skipping! Create your own skipping routine</p>	<p>Hula hoop! How many minutes can you do it without dropping it?</p>	<p>Balance something on your head - how far can you walk?</p> 	<p>Hold a mini sports day! Egg & spoon race, sack race, wheelbarrow race - who will be the winner!</p>	<p>Go for a bike or scooter ride</p>
<p>Keep the balloon up - what parts of your body did you use?</p> 	<p>Animal walk - slither like a snake, hop like a frog, run like a cheetah!</p>	<p>Play Simon Says!</p>	<p>Create a hop scotch</p>	<p>Balance Beam! - draw a line on the floor, can you follow it without falling off</p>
<p>Go for a jog!</p>	<p>Long jump! How far can you jump, measure where you land, can you beat it?</p>	<p>Create your own action song and teach someone your moves</p>	<p>Play hide and seek!</p> 	<p>Limbo challenge! How low can you go! Use resources in your garden</p>
<p>Have a game of bat and ball - how many times can you pass it?</p>	<p>Can you create your own dribble course</p> 	<p>Create a junk modelling bowling alley</p>	<p>Do some Yoga - see the link below: https://www.youtube.com/user/CosmicKidsYoga</p>	
<p>Complete a 5-a-day - follow the link below: https://www.youtube.com/watch?v=sLMGT9SO&e</p>	<p>Bucket toss! How many times can you get your ball in the bucket</p>	<p>Roll down a hill!</p>	<p>Target Throwing! Make your own target and see how many times you can hit it</p>	