PHYSICAL ACTIVITY AROUND THE HOME

Complete 10 of the following activities. EXTRA CHALLENGE – complete them all!

- ☐ Walk or run 100 steps.
- ☐ For 2 minutes – Make a ball with scrunched up paper. Throw it into the air and see how many times you can catch it. EXTRA CHALLENGE – 1 hand/non preferred
- ☐ For 2 minutes - Keep a balloon or a scrunched up paper ball in the air using your hand to tap it. How many hits can you do in a row?
- ☐ 20 star jumps. EXTRA CHALLENGE – do 50!
- ☐ Run on the spot for 1 minute. EXTRA CHALLENGE – 2 minutes without stopping!
- ☐ For 2 minutes - Throw a scarf/handkerchief/face washer into the air and try to catch it. Try using both hands to throw and catch.
- ☐ Do 100 skips (step hop, step hop etc).
- ☐ Stand on one foot and practise balancing for 1 minute. Then try the other foot for 1 minute. EXTRA CHALLENGE – closed eyes!
- ☐ Play your favourite song and dance to it.
- ☐ Create a hopscotch pattern with chalk, tape, socks or ribbons and complete it 10 times.
- ☐ Find or make a line on the ground to be a balance beam. Practise walking forwards, backwards, and sideways on it. What else can you do on it?
- ☐ Practice your long jump – mark a line on the ground to start behind and then jump as far forward as you can. Try 10 jumps and see if you can beat your last jump each time.
- ☐ Make an obstacle course with things in your home – you have to go over something, under something and around something!
- ☐ Find some plastic cups or rolls of toilet paper that you can stack and safely jump over. Start at 1 and if you can jump over it, then add another on top. If you jump over 2 then add another one on top. See how many you can make it over!

Don't forget to keep moving your body every day! *Mrs Simmons – PE Teacher*