

6 Activities to keep you active

YOU WILL NEED:

Family or friends
Newspaper or paper for recycling

A skipping rope or something that acts as a net/half-way line.
a clear space to play safely.

HOW TO PLAY

Make snowballs by squeezing paper tightly into ball shapes. Divide an area in two using a skipping rope as a net, with a player or team on each side. Share the balls out evenly. On the command 'Let it snow!' players throw the balls into the opposite side. The aim is to throw all the balls to the other side of the net. You can try using underarm and over arm throws. The player or team with the least snowballs on their side after two minutes wins. Play as many times as you like!



Type in Body Coach to YouTube

Use this video as it is the song and a timer to see if they can beat their previous time(s)!
Easy - squat
Medium - up/down plank
Hard - press ups
Type in Bring Sally Up - Push Up Challenge with Timer to YouTube

Type in 'Babyshark Abs' to YouTube

It does NOT have to be in the morning and please make sure you run with an adult if you need too and be safe! Maybe time yourself and see if you can beat it next time?



PE & SPORT

Unlock the circle



What you need: a piece of paper, a pen and a key

How to play:

- Draw a circle on the paper and divide it into 8 sections.
- Write an exercise in each section.
- Place the key in the centre of the circle and hold it there by placing the pen inside the key hole.
- Keep holding the pen as you spin the key. Complete the exercise that the key lands on.
- Keep going until you complete the circle.
- Make this easier by completing 8 spins.



How many spins will it take you?