

PE AT HOME:

Shoot some hoops: 10 min. *How many hoops can you get in 1 minutes? *Place 8 clothes pegs out: how many out of 8 can you get in? (keep a record), *Practise shooting with opposite hand

Kick a ball (to a wall, to a family member). Can you kick: 20 instep kicks with right foot, 20 with left foot. *Can you kick the ball to a target? (1m wide target : use shoes, other balls)

Throw & catch a tennis ball. If you don't have a ball you could use a rolled up pair of socks or you could make a ball out of newspaper.

Balancing Can you walk heel to toe along a line on your floorboards or the edge of the carpet. Can you balance on your right foot/left foot? Can you increase the length of time every second day?

Skipping challenge Using a skipping rope Can you skip..Forwards? Backwards? Left foot Right foot Cross Over.

Set up an obstacle course outside: boxes, skipping rope, under a camping chair, weave a ball btw shoes, rolling, step-ups on a solid object or outside steps, sit-ups, star-jumps

Tap a tennis ball on a racquet *can you: -tap it 10, 20, 30, 40, 50 times in a row? - flip racquet head each tap: count -tap to floor

Some Other Options:

Hit a small ball against a brick wall *use a tennis racquet, your hand, cricket bat,

Go for a walk / run (15min - 45min)

Go on a bike ride -with a family member/s

Play 2 square or 4 square (depending on your family members)

***Help with home tasks:** gardening, drying dishes, vacuuming, raking leaves, dusting bookshelves

***Family games:** Hide and seek, Limbo

***Chalk activities:** Hop scotch, draw a rainforest with animals on your concrete

EXERCISE RESOURCES:

***Dance links: Zumba:** <https://safeyoutube.net/w/yEN2>

***Kids workouts online:** <https://safeyoutube.net/w/XDS2>

***Yoga & Mindfulness:** <https://safeyoutube.net/w/FFB2>
<https://safeyoutube.net/w/LHB2>

<https://www.youtube.com/watch?v=ATDRkmh8nIA>