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| **PHYSICAL EDUCATION** |
| Below are some physical activities that you can try with your family. You can choose from anywhere on the grid and complete the activities as many times as you like. |
|  | BUILD AND DESTROY <https://youtu.be/1fz1SPwFUqg>Use anything you have in your house to build a tower. Use a ball to kick or throw to hit the target trying to knock it over. | HOOP FLIP <https://youtu.be/axSWwk3z84Y>Throw an object into a target (hoop). Every time you are successful turn the hoop over. First person to a finishing line win.  | KUNG FU FIGHTING<https://www.youtube.com/watch?v=VE5pP5iLZDQ>Follow the teachers as best you can.Originated from Jump Jam  | TARGET PRACTICE<https://youtu.be/n7fdL7Nv64I>Throw or kick a ball from a set position. Try and knock the ball off a cone.Collect your own ball after every throw.  | SEVENS <https://youtu.be/1Jp9E8q6Ffc>Follow video instructions. You can use a tennis ball, a handball, a basketball etc... Make up a new game with a bat and ball. |
|  | JUGGLING <https://youtu.be/lWwULSC9ToY>Follow instructions on the video as best as you can. Start with one ball, then two and if possible, three!  | WHAT TIME IS IT MR WOLFTry different ways of moving. Running, hopping, jumping. | WITCH DOCTOR <https://youtu.be/N7WDcYzje_w>Follow the teachers as best you can.Originated from Jump Jam | MINI GOLF <https://youtu.be/8cG9eCSZk2s>Use a noodle as a golf club, Make five targets. How many hits does it take you to complete your course? | WHEELIE BIN <https://youtu.be/Jfn_UrRte40>Use any equipment as a target. Try to get a ball into target without it hitting the ground.. |
|  | LEARN SOME YOGA POSESChoose a routine from Cosmic Kids. <https://www.youtube.com/user/CosmicKidsYoga/videos> | LIMBOUse whatever you can as a lowering bar. How low can you get?Don’t over balance! | SLAVE TO THE MUSIC <https://www.youtube.com/watch?v=tje1jYr1-lQ>Follow the teachers as best you can. Originated from Jump Jam | BALANCE TWISTERUse a twister mat or draw one using chalk.Make a spinner and don’t over balance! | STOP DROP AND ROLL <https://youtu.be/BLJx7hJ3q38>Follow the teachers as best you can.Originated from Jump Jam |
|  | SOCK BASKETBALLFill a sock with anything Build a variety of targets. | HOPSCOTCHChalk out hopscotch squares outside. | BALLOON TENNISUse whatever you can as a net.Use your hands or a bat to play. | FAMILY BIKE RIDE | ELASTICSThink of as many different jump patterns as you can. |
|  | LEARN HOW TO THROW / PRACTISE THROWING A FRISBEE | BOCCI <https://youtu.be/L_VCBgwzjTY>Use anything as a target. How close can you throw an object to it?  | KEEP UP <https://youtu.be/yAZ09rvLEOM>How many times can you hit a ball with your hand or a bat without the ball hitting the floor? | SKIPPINGHow many tricks can you do? Can you skip for 30, 60, 100 seconds without making a mistake | RUNNING CONNECT 4 <https://youtu.be/gFcGTEjAhgg>Run and colour a circle, run back to start. Try to be the first to colour four circles in a row.  |