|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 WOLF  Try 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 POSES  Choose a routine from Cosmic Kids. <https://www.youtube.com/user/CosmicKidsYoga/videos> | LIMBO  Use 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 TWISTER  Use 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 BASKETBALL  Fill a sock with anything  Build a variety of targets. | HOPSCOTCH  Chalk out hopscotch squares outside. | BALLOON TENNIS  Use whatever you can as a net.  Use your hands or a bat to play. | FAMILY BIKE RIDE | ELASTICS  Think 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? | SKIPPING  How 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. |