

<h2>Skip 200 Jumps</h2> <p>You will need a skipping rope. If you don't have a rope pretend to skip (two foot jumps on the spot).</p>	<h2>Throwing Into the Target</h2> <p>Have a soft throwing ball and create a space for it to land (with a hula hoop/ a washing basket/ an empty rubbish bin, etc.). If you throw it in the target, make the target one step further away. <i>Have drink breaks regularly.</i></p>	<h2>Tennis Racquet or Balloon Juggling</h2> <p>If you have a racquet and ball available, see how many hits you can do in a row. If the ball hits the ground, reset your score to zero. If you have a balloon, try to keep it up as many times as possible, using your hands; if hands are too easy, then keep it up with your feet or head.</p>
<h2>100 Total Catches</h2> <p>Using a tennis ball or another small ball, throw the ball against an outside wall and catch it (seek permission from a parent).</p>	<h2>OBSTACLE COURSE</h2> <p>Create an obstacle course around your house</p> <p>Using a safe space, create parts of the course that require jumping, landing, rolling, crawling, balancing, and twisting.</p>	<h2>Frisbee Throwing</h2> <ul style="list-style-type: none"> Count how many you can get in a row. Keep track of your record Make sure you're running to get the Frisbee, it's not just a short toss. Use an old plastic plate, if you do not have a Frisbee. <p><i>Have drink breaks regularly.</i></p>
<h2>Partnered Hand Clapping Games</h2> <p>https://www.youtube.com/watch?v=vHFPM3xliBY Keep practising!</p>	<h2>Just Dance</h2> <p>(mixture of dances) https://www.youtube.com/watch?v=yQ4fTl4wbko or type "Just Dance Workout 1". Practise until you know all the songs!</p>	<h2>Basketball Dribbling</h2> <ul style="list-style-type: none"> 100 bounces (left hand) 100 bounces (right hand) For those experienced, 200 bounces with crossovers.
<h2>Walk/Ride/Skate with your family</h2>	<h2>Football Kicking</h2> <p>Count until you get 30 marks between your partner and you (your partner can be any family member).</p>	

Fitness Circuit

Create 5 stations, go in a clockwise direction and do these exercises at a different station;

- Station 1: 10 push-ups
- Station 2: 20 star jumps
- Station 3: 10 sit-ups
- Station 4: hold the plank/bridge for as long as you can
- Station 5: 50 hops, 25 on each leg.

Do each station 2 times, then you're done! *Have drink breaks regularly.*

BALANCE ACTIVITY AND WORKOUT

<https://www.youtube.com/watch?v=-VNqE8tV2GE>

or type "Kids Ninja Balance Workout" into your iPad.

Focus on improving your balance and core strength with these easy to follow videos.
Have drink breaks regularly.

Kids Bop Dance Exercise

https://www.youtube.com/watch?v=sHd2s_saYsQ

or type "34 minutes of Kids Bop activities" on YouTube.

Yoga

<https://www.youtube.com/watch?v=F1dD6wqJ7OY>:

or type "Holiday Special- Kids Yoga Class 9-12".