

<h2>Skip 100 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.</p> <p>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>50 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>Partnered Hand Clapping Games</h2> <p>https://www.youtube.com/watch?v=vHFPM3xliBY Keep practising!</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>Walk/Ride/Skate with your family</h2>		
<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"> 50 bounces (left hand) 50 bounces (right hand) For those experienced, 200 bounces with crossovers. 	<h2>Football Kicking</h2> <p>Count until you get 30 marks between your partner and you (your partner can be any family member).</p>

<h2 style="text-align: center;">Fitness Circuit</h2> <p>Create 5 stations, go in a clockwise direction and do these exercises at a different station;</p> <ul style="list-style-type: none"> • 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. <p>Do each station 2 times, then you're done! <i>Have drink breaks regularly.</i></p>	<h2 style="text-align: center;">BALANCE ACTIVITY AND WORKOUT</h2> <p>https://www.youtube.com/watch?v=-VNqE8tV2GE</p> <p>or type “Kids Ninja Balance Workout” into your iPad.</p> <p>Focus on improving your balance and core strength with these easy to follow videos. <i>Have drink breaks regularly.</i></p>	<h2 style="text-align: center;">Kids Bop Dance Exercise</h2> <p>https://www.youtube.com/watch?v=sHd2s_saYsQ</p> <p>or type “34 minutes of Kids Bop activities” on YouTube.</p> <hr/> <h2 style="text-align: center;">Yoga</h2> <p>https://www.youtube.com/watch?v=LhYtcadR9nw</p> <p>Or type squish the fish cosmic kids on youtube.</p>
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