|  |  |  |  |
| --- | --- | --- | --- |
| **Daily Fitness Activities**  Try at least one of these activities each day this week.   * 10 jumping jacks. * 5-minutes of skipping. * 10-minute jog (walk if you prefer) * Enjoy a bike ride in your local area. | **Sports Charades** - act out any sport of your choice for others to guess.  Use ACTIONS ONLY.  The first family member to guess correctly goes next. | **Compose a set of warm-up exercises**.  Remember: the purpose of a warm-up is to raise your heart rate and loosen your joints. Can you make yours FUN? | **Home Dance Class - l**ook online to find a dance routine to learn, or, create your own to a favourite song. <https://www.youtube.com/watch?v=y0RGGDusyKI>  **OR**  **Keepy-up Challenge** – do 10 keepy-ups. Use your feet, knee, shoulder, or head to keep the ball in the air. Can you do more? |
| **Design your own hopscotch grid** with your own rules.  Hopscotch requires a  combination of hopping and jumping. You could include any shape on your grid. Perhaps players could jump backwards or sideways through your grid. | **How many minutes of exercise do you do a day?** It’s important to try and do at least 60 minutes of physical activity each day.  This can be done through all sorts of activities. Including any physical games that you play, following exercise videos, and even playing in the garden!  **Here are some ideas for staying active**  **in the week ahead.** | | **Practise your running technique** whilst running on the spot. Get a family member to check you are doing the following things:  • Light, quick movements on the feet.  • Keeping a relaxed body.  • Lifting the knees up to a horizontal position.  • Keeping the arms bent and pumping.  • Keeping the head still and looking ahead. |
| **Rainbow Hunt** – stay active by going for a walk in your local area. Count how many rainbows you see along the way.  ***REMEMBER:*** *road safety and social distancing rules.* | **Create an obstacle course** from different equipment around your house**.**  This could be anything from cushions to spoons! Set up your small obstacle course to be completed by you and your family members. | **Yoga – Tree Pose**  1. Lift your right foot, turning your knee  out, place your foot below your left knee.  2. Press your hands together.  3. Raise arms overhead and look up to your hands.  4. Return hands to your chest and lower your right leg.  5. Repeat with left leg | Go on **interactive adventures** which build strength, balance, and confidence. While exploring  yoga, mindfulness, and relaxation techniques. Visit COSMIC KIDS… <https://www.youtube.com/user/CosmicKidsYoga> |

**STAY HOME… STAY SAFE… STAY ACTIVE!**