

Get Fit, Keep Active, Have Fun!

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| Design an obstacle course around your house or garden. How long does it take you to complete the course. Time yourself, can you improve your score? | How long does it take you to go up and down stairs 30 times? | Play Keepy-Uppy! Using a ball or an inflated balloon, how many times can you bounce/kick it into the air without it making contact with the ground. Is it easier with a balloon or a ball? Try it with different types/sizes of balls. |
| | Step up and down on the bottom step of your stairs or on a step outdoors. How many can you do in one minute? | Try Cosmic Kids Yoga Disco here: Yoga Disco |
| Go for a family walk - where did you get too? Collect things along the way! Can you draw a map of where you've been | Scooter around your garden. Can you set up a scooter course? Can you do it against the clock? | Skipping is a great way to get fit. Can you skip around your garden, on the spot, backwards and forwards? Can you teach someone in your family to skip? |
| | How many different ways can you use a hoola-hoop to exercise - Can you throw the hoop so that it returns to you? Lay your hoop on the ground and do bunny hops in and out of the hoop sideways/forwards/backwards. Hoola-hoop your way around the garden. | Tune into Joe Wicks |
| Design a treasure hunt around your garden or house for someone in your family to complete. What will the treasure be at the end? | Create your own circuit training course - can you inspire other people in your family to join in. Included sit-ups, press-ups, star jumps, spotted-dogs etc. | Can you create your own dance routine to your favourite song of the moment!! Practise your routine then teach or perform your dance to members of your household. Record yourself performing! |
| Join us on our mission to run or walk the full length of Britain by stepping outside to complete one or two miles each week! Send in your photographs! | Try the Baby shark abs challenge here | Create a target game in your house or garden. What will be the target and what will you throw. Create a competition and get other members of your family to join in. who has the best score? Can you make the challenge or easier. |
| | Mrs F's favourite! | |
| Family ball pass challenge - using any ball how many times can you pass the ball around the family without dropping it. Try to improve your score. Use any ball, a balloon or even a pair of socks! | Complete these online Home PE challenges- Sock Challenge Around the Sock Sock Ladder Challenge Star Jumps Challenge Speed Bounce Clap Tap Challenge The Plank Challenge | Chance Camps Try these challenges from some local sports coaches! |
| | | Lots of suggestions on BBC bitesize here: KS1 Bitesize PE and KS2 Bitesize PE |
| | | At Home sporting challenges Including Boccia snooker! |
| | How many can you manage to do? | |