

For example if you had a football at home you could play

Basketball

Netball

Dodgeball. (all with the same ball)

Football

Now practice some of your skills

Passing

Catching

Running

Dribbling

Shooting etc.

Session 5 ~ Try a new activity

Research a new activity to play and give it a try?

This could be something you've wanted to try or something from another country or culture?

Let us know what you have chosen how to play? You could use it in the sports leader's sessions or teach your friends in the playground

Session 6 – Step challenge

If you have use of a Fitbit or something to measure steps otherwise you will need to count yourself

Try and walk or run in your garden and try and achieve 1000 steps

You might want to count in 10's or 100's to help you keep count

Next time you try this challenge you could try and do 2000 steps or more....?

7 invent your own Activity

From the activities you have learned invent your own game or challenge

You can use equipment or just do it without?

You could do a individual game or play it with your family?

Feel free to send in a video or plan of the activities you've invented?

8 Plank challenge

See how long you can hold the plank?

We have done this challenge before in schools it's about holding your body weight in the plank shape?

See if you can then hold it 10 times of 10 seconds each time

If you don't know how to do the plank you can always google it? Or find it on YouTube

Let us know your best time?

Your welcome to send in videos and clips of what you've done to the class Seesaw!!!

Enjoy and stay active

Mr Harris

