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| Football  How many keepy uppies can you do? Can you dribble around obstacles? Play a game of possession with a partner for 2 minutes. | Athletics  From a standing start, how far can you jump forward? Can you triple jump from a standing start. Track you distance and beat it. | Basketball  If you don’t have a net, why not draw a box on the wall with chalk, and practise scoring. Practise dribbling alternate hands. | Walking  With an adult’s permission/ supervision, set yourself a walking route. Make sure you are walking briskly, and if you have a step counter, monitor the number of steps you take. | Dance  Use YouTube to follow one of Oti Mabuse’s dance classes. She is teaching lots of different styles and cultural dances. |
| Short Distance Running  From a standing start, time yourself running a short measured distance. This could be 2 times around the garden, or to the end of the street. Can you beat your time? | Fitness  Follow Joe Wicks morning routines. Can you create your own HIIT workout? | Gymnastics  On a soft surface, practise some of the balances we were doing at school. If you feel confident you could use a trampoline to practise tumbles. | Martial Arts  [https://www.youtube.com/watch? v=hLYOlAI29V4](https://www.youtube.com/watch?%20v=hLYOlAI29V4)  [https://www.youtube.com/ watch?v=zLEdABaopjo](https://www.youtube.com/%20watch?v=zLEdABaopjo)  Why not give martial arts or self-defence a try. YouTube has lots of martial arts videos for kids, these are from the Global Martial Arts Academy. | Cycling  With an adults permission/ supervision, set yourself a cycle route. Try and include some incline and decline terrain on your cycle. |
| Playground Games  Use a skipping rope and count how many times you can jump without stopping. Can you crossover your arms for further challenge? | Racket Games  Hit the ball to keep it up in the air. Can you alternate he sides of the racket, or hands between hits? | Long Distance Running  With an adult’s permission/ supervision, set yourself a cross country style run. Estimate how long it will take you. Did you beat your estimate? | Yoga  Follow on of the Cosmic Kids Yoga stories. Concentrate on the stretching and the breathing exercises. | Sports Day  Why not create your own sports day event in your back garden. You can include all our favourite activities, such as hula hooping, bean bag toss (or rice packets!) and even a fun race! |