|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Jog** for 2 minutes, **walk** for 1 minute and repeat 1,2 or 3 times to improve your stamina.Remember to breathe in your nose and out your mouth and jog…**slowly**  | Complete this **mini fitness circuit.** Work for 30 secs/1 min and rest for 1 min.**M**arch on spot**J**umping jacks**S**quats**S**it ups/**c**runches**L**ine jumps – sides and forwards and back.[This Photo](http://vickisnotebook.blogspot.com/2013/10/the-one-where-i-did-exercise-class.html) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/) | **Ball Skills****P**ass the ball around your waist, knees, head.**Feet apart…****R**oll or **p**ass the ball through your legs in a figure 8.**B**ounce and catch ball between legs 1 hand **in front** 1 hand **behind**….Change hands after each bounce. Try it **without** a bounce.[This Photo](https://en.wikipedia.org/wiki/File%3ANetball.svg) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/)  | Create a short **dance sequence** and get someone to video it. [This Photo](http://bytheirstrangefruit.blogspot.com/2012/06/spiritual-dance-edification-vs.html) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/) | Can you **balance** on 1 leg for 10/20/30 seconds or longer? Repeat on other leg. |
| **Football****Toe taps** - ball in front tap the ball with alternate feet. How many taps in 30 secs?**Keepie uppie** - How many times can you touch the ball whist its in the air using your feet, thighs or chest? | **Racket Sports****Keepie uppie –**Using a racket, tray, hardback book and small ball, shuttle, rolled up socks…How many times can you hit the ball and keep it in the air…. add a bounce to simplify. | **Skipping**Practice skipping, get someone to help you if you are learning.How many skips can you do?See if you can beat your score.How many skips can you do in 60 seconds? | **Gymnastics**Can you balance in a shoulderstand for 10/20/30 secs? | **Bounce Ball**Can you bounce/dribble the ball (hip height) with the palm of your hand and swap hands. How many bounces can you do in 1 minute?Can you bounce the ball to the rhythm of a song? |
| **G**o for a 10, 20 or 30 minute **walk** to improve your physical and mental health and wellbeing. | Complete this **mini fitness circuit.** Work for 30 secs/1 min and rest for 1 min.**J**og with high knees**J**og with heel kicks**W**all sit in a squat position**P**lank**S**huttle run between 2 markers**J**umping twists[This Photo](http://vickisnotebook.blogspot.com/2013/10/the-one-where-i-did-exercise-class.html) by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/3.0/) | **Roll a dice basketball** **1** Throw and catch ball x 10,20,30**2** Chest pass against wall x 10,20,30**3** Bounce pass against wall x 10,20,30**4** Dribble ball using R and L hand x 10,20,30**5** Dribble ball between legs x 10**6** Shoot ball into hoop, bin, box, wash basket  | **Gymnastics****C**an you perform a **h**andstand against a wall or a door. **Hands shoulder width apart, keep a strong straight balance, legs together and look at fingers…** Kick up 1 leg at a time come down in reverse 1 leg at a time. | **Football****C**an you **dribble** the ball with your feet through a zig zag course (socks make great cones).**C**an you kick the ball against the wall and **count how many kicks?**Kick **high and low.****Use both feet.****C**an you kick the ball and hit a target on the wall?**B**eat the goalie… |
| **Racket Sports****U**sing a racket, tray, hardback book and small ball, shuttle, rolled up socks…**H**ow many times can you hit the ball and keep it in the air….Using **forehand and backhand** shots**C**an you serve the ball and **aim for a target** eg bin, box, line on wall etc | **Standing Long Jump****G**et 2 markers and a tape measure…use a rope, piece of string, wool, tie, etc.**G**et ready…like a skier…swing arms forwards and back in preparation (not your hips). Push off on **2 feet using legs and arms and land on 2 feet.**Measure distance from the **furthest** point back…probably your heels… | **Ball Skills****Can you****R**oll a ball through goals x 10,20,30**T**hrow and catch a ball x 10,20,30**T**hrow, clap and catch a ball…how many times?**B**ounce a ball no higher than hip x 10,20,30**K**ick a ball through goals x 10,20,30**S**hoot with hands and score in hoop, bin, box, wash basket. [This Photo](https://en.wikipedia.org/wiki/File%3ANetball.svg) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) | **Roll a dice fitness****1** Jumping jacks x 10,20,30**2** Sit ups or crunches x 10,20,30**3** Push ups form knees/feet x 10,20,30**4** Jog on spot for 30 secs/1 min**5** Hops on each foot 5,10,15**6** Squats x 10,20,30 | **Dance/Gymnastics**Create a **g**ymnastics sequence using**r**olling, **j**umping, **b**alancing and **h**ands and **f**eet skills.  Create a **d**ance sequence using **t**ravelling, **s**tillness, **j**umping, **a**rm movements, facial expression to your favourite piece of music.Video and share.[This Photo](http://www.dailyclipart.net/clipart/category/sports-clip-art/page/2/) by Unknown Author is licensed under [CC BY-ND](https://creativecommons.org/licenses/by-nd/3.0/) |