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| **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:Netball.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:Netball.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/) |