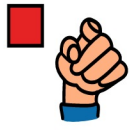
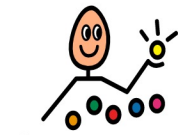


Choose



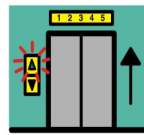
your



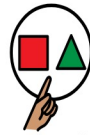
favourite



warm



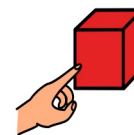
up



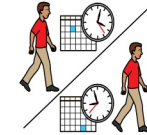
and



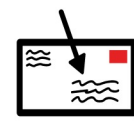
practice



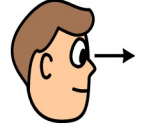
it



again



to



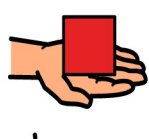
see



if



you

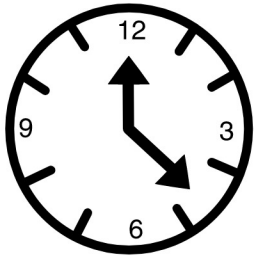


have

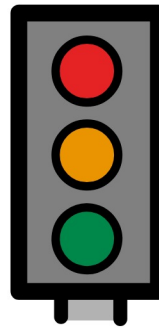


improved.

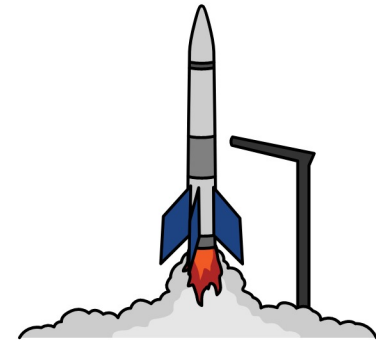
Whats the
time Mr Wolf



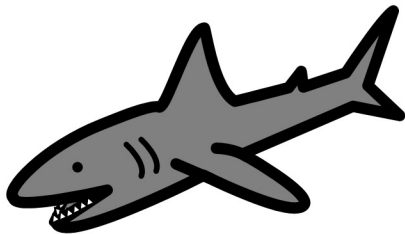
Traffic Light Game



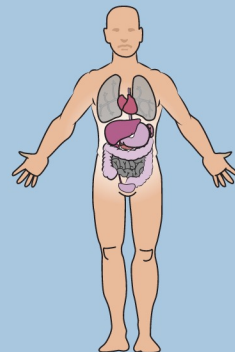
Blast Off



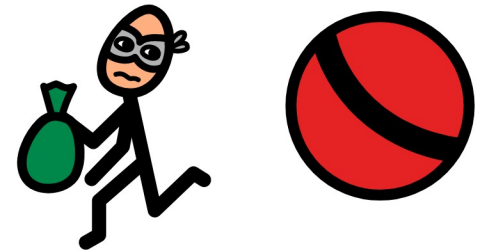
Shark Attack

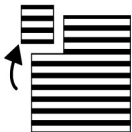
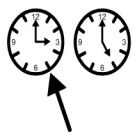


Body Part Game



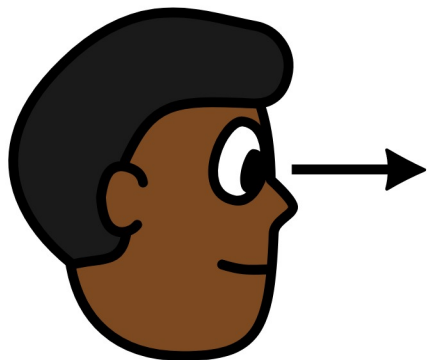
Ball Steal





Then practice some of these warm up stretches!

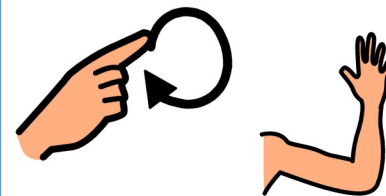
Look up/down/left/right



Shrug Shoulders



Circle arms



Circle Hips




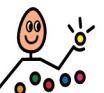












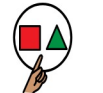
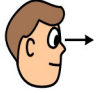


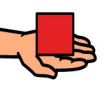

Shake right/left leg



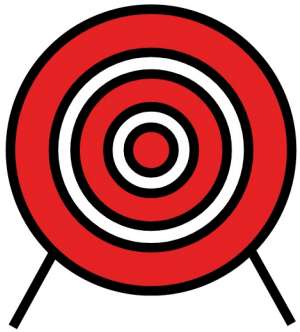
Stretch up and over (both sides)



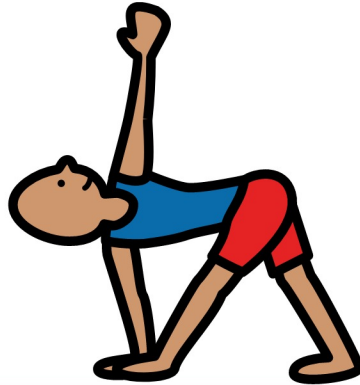
        @     
What was your favourite activity that you did at home? Why not practice it

      
again and see if you have improved.

Target Games



Yoga



Dance



Gymnastics



Fitness



Ball Skills



See home learning pack for activity