

Home Learning Advice for Parents

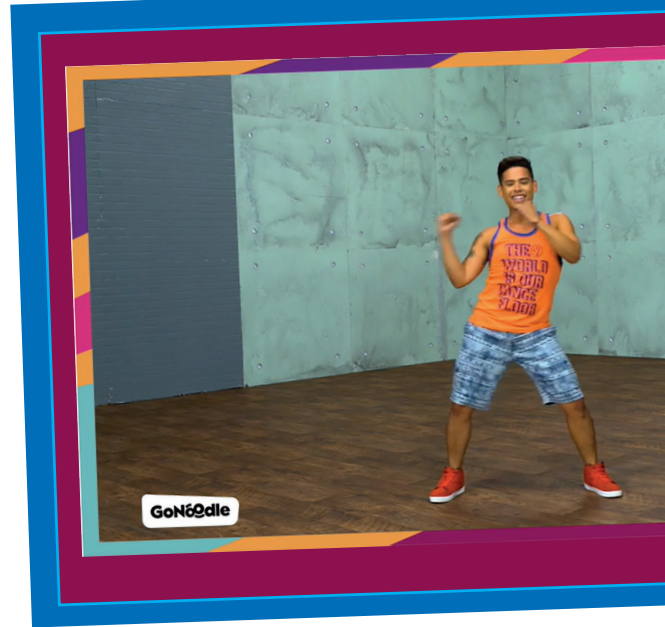


Second Level: **Active**

Zumba Kids

Zumba Kids features music, rhythms, and beats along with Zumba choreography broken into child-friendly routines. It provides children an outlet to jump, dance, shake, and swing their hips; it's the perfect recipe for fitness fun!

<https://family.gonoodle.com/activities/beat-go-pop>



For a real challenge, have your children lie on the ground with their legs up in the air and try to balance a balloon on their feet. It's not as easy as it sounds and requires a lot of concentration. Why not have a go yourself?

Skittles

Set up empty water bottles and knock them down with a ball. Use felt tip pens, coloured tape etc. to make them look more like skittles. Remember to keep scores.



Get Active - Joe Wicks

Sports Guru, Joe Wicks, challenges us again to complete his 5 minute home workout. Are you up for challenge number 2?

<https://www.youtube.com/watch?v=SbFqQarDM50>



LEARN HERE