

## Indoor activities

### Dance!



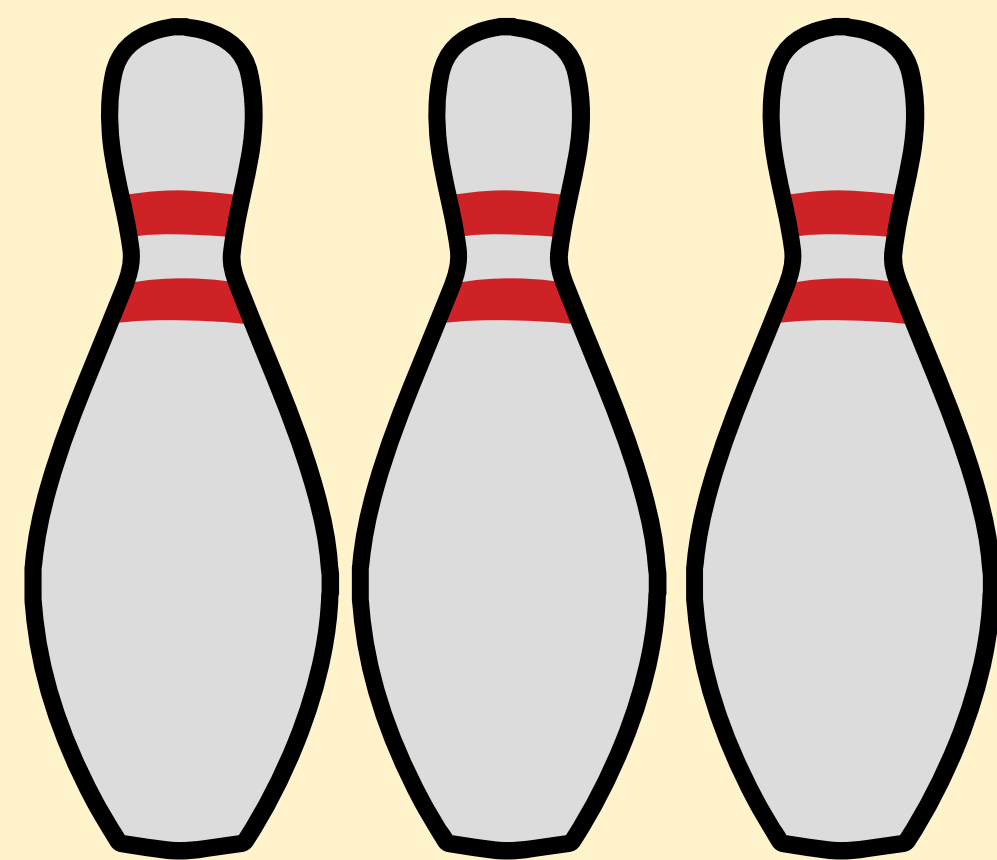
Find a routine online or make up your own!



### Obstacle course!

Can you balance a book on your head at the same time?!

### Skittles



You can use kitchen or toilet roll tubes, plastic cups or bottles

Find a **yoga** video online!



**PE with Joe Wicks**

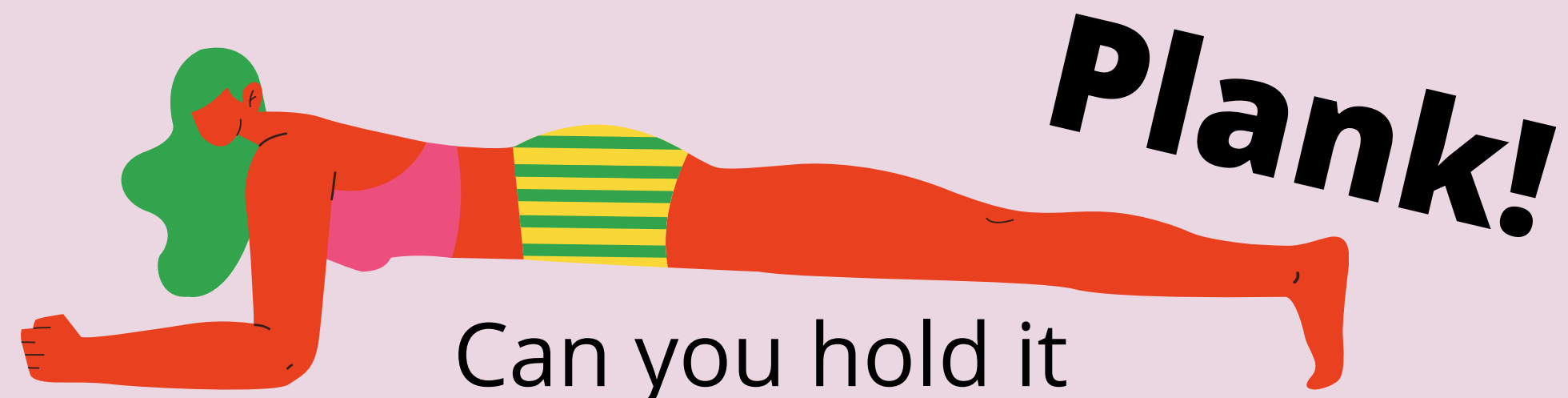
You'll find lots of videos on his YouTube channel

### Parachute Games

No parachute? Use a bedsheet!



## Indoor Quick Hits!



### Plank!

Can you hold it for 60 secs??



### Balloon Keepie Up

Can you keep the balloon up in the air for 60 secs??

### Star Jumps!

Or you can try sit ups, mountain climbers or burpees!



### Ball Dribble

If you have no cones you can use tins or other items you can find around the house!

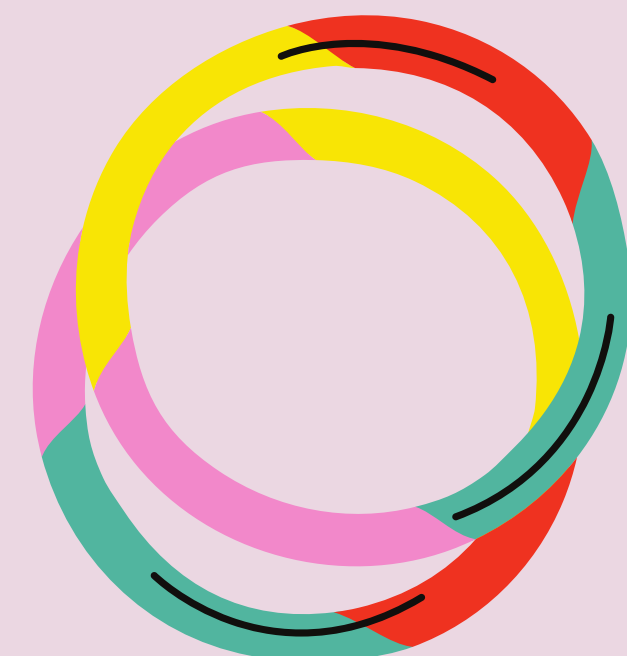
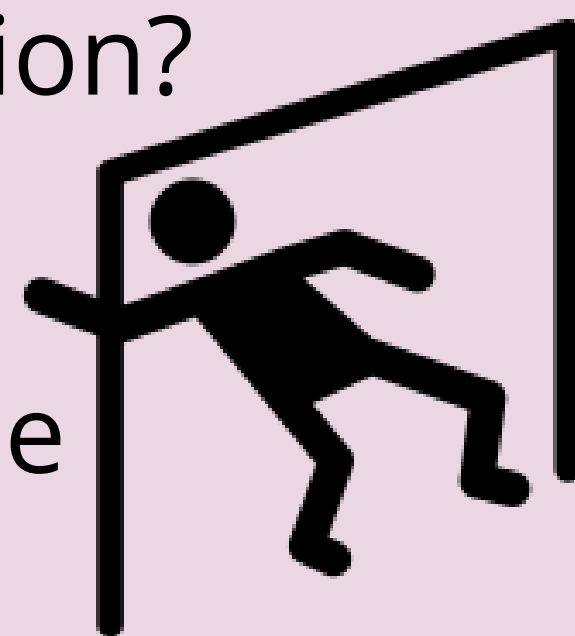
### Standing Long Jump

How far can you jump from a standing position?



### Limbo!

You might need two people to hold a rope or cane

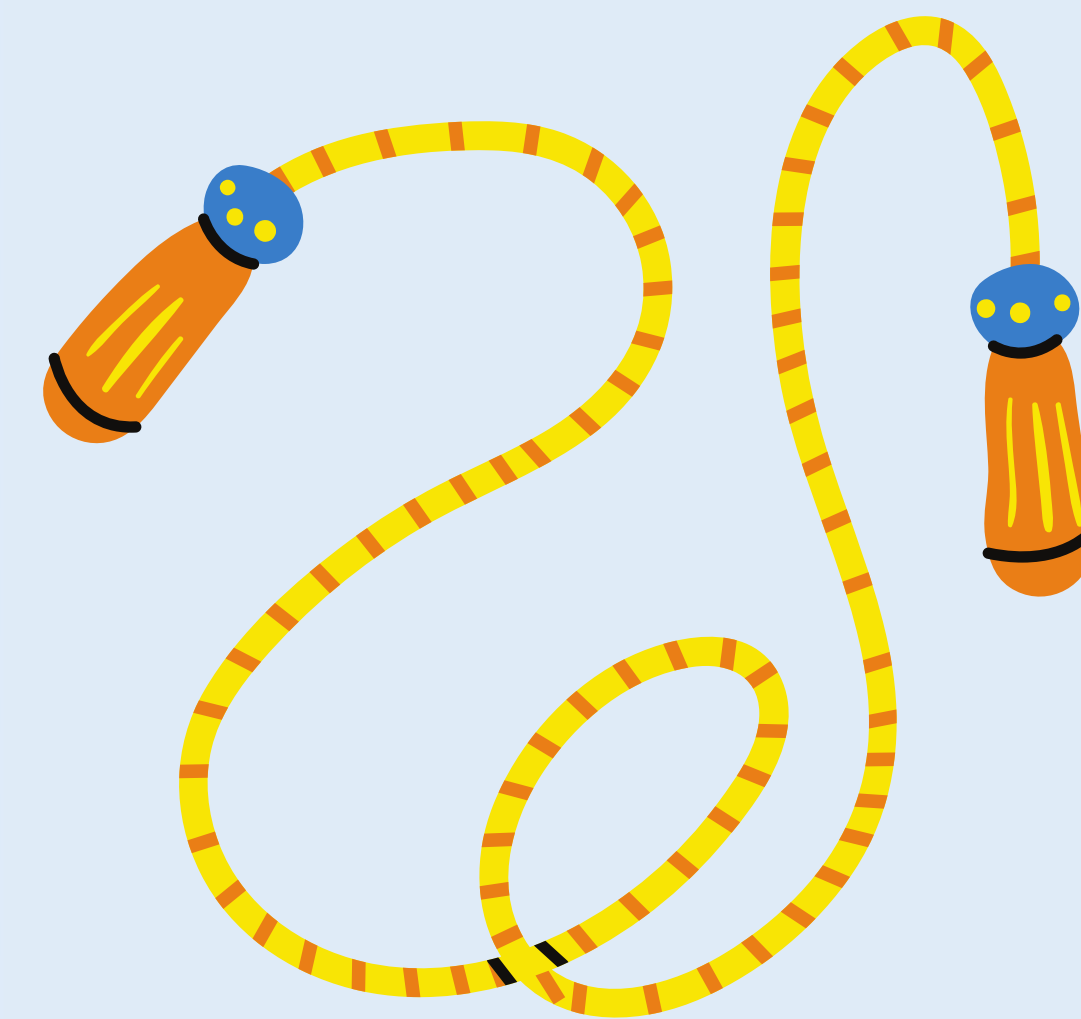


### Hula Hoop!

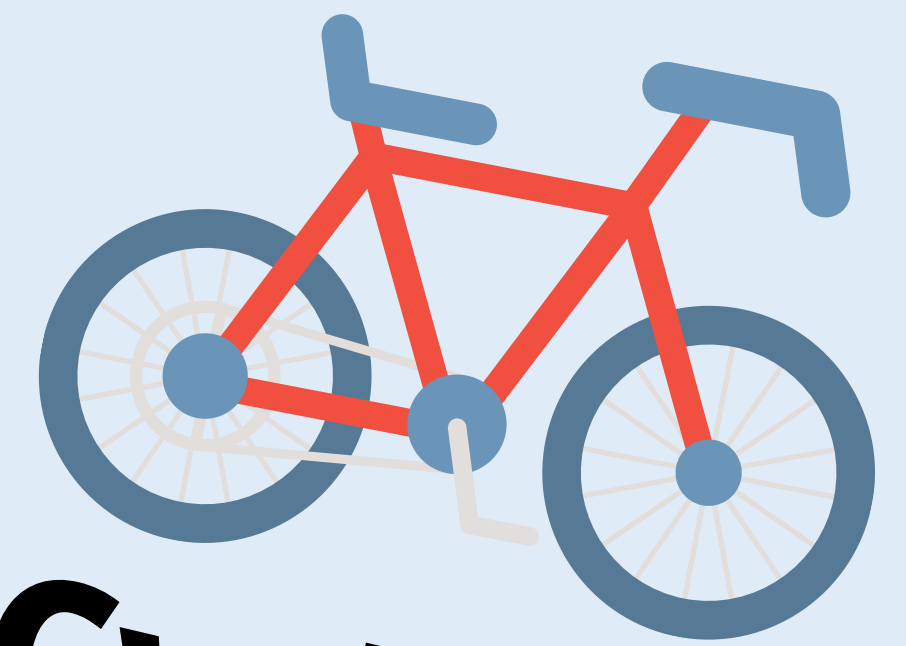
## The great outdoors!

### Get walking!

Walk a mile  
Walk somewhere new  
Send us a pic of your walk  
Can you spot a wild animal?



### Skipping



### Cycling



### Walk up a hill

Climb a hill near home



### Roller skating or blading

### Beach combing

Send us a picture of your most interesting finds!

