

Hello Ollaberry!! Hope you are all having a great week?? For this week I would like to see you guys try to build some healthy habits at home. This could mean going for a walk, playing in the snow, or really anything that has you outside and moving. I would love to hear what you guys have been getting up to and what your plans are for the rest of the week?? My Glow email address is - gw20murdockbrian@glow.

However if anyone is struggling for ideas on what they can do or if the weather turns and were all stuck indoors I will include some activities that should keep you busy.

Musical bumps or statues. The perfect opportunity to revive these favourite party games.	Dodge ball or catch in the garden	Design your own obstacle course.	Jump rope – see if you can make your own rhymes to go with it!	Animal races: Hop like a bunny or frog; squat and waddle like a duck; and so on.
The floor is lava! Put cushions and tea towels on the floor to help you make your way around the room without touching the floor.	Fun circuit training. Draw pictures of different activities and place them around the room – or all over the house. Visit each picture and do the activity – e.g. hop on one leg 10 times, do 10 star jumps, 10 squats, 2 roly-polies, etc.	Have your own family Sports Day! Egg and spoon at the ready...	Hula Hooping!	Practice your athletic activities. During the Last term we explored a range of athletics activities that included: <ul style="list-style-type: none"> • Standing long jump. • Javelin. • Running. • High jump. • Shot put. • Relay races. Set yourself a challenge by completing an event, then after some training try to beat your distance or time!!
Choreograph a dance to your favourite song! This is a great way to get your heart pumping and allows you to be creative. If you're in dance club, you could teach a family member the routine!	Become a super mover at www.bbc.co.uk/teach/supermovers - active learning to the max!	Try out a Go Noodle video. Daft but so much fun! www.youtube.com/user/GoNoodleGames/featured	Take this Disney sports quiz and see which activity it suggests for you! https://www.nhs.uk/change4life/activities/disney-sports-quiz	Have a tennis racket at home? Why not rehearse some of the games that you usually play with Mr Pound – you could even teach a family member? Mr Pound is a game where you strike a tennis ball against a wall or floor. Keep count and try to beat your score!

