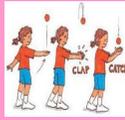


Daily Physical Activities

(Compete against parents or siblings)

<p>Activity 1: Skipping How many forward skips can you do with a skipping rope?</p> 	<p>Activity 2: Catching & Throwing How many times you can catch and throw the ball without dropping it?</p> 	<p>Activity 3: Bouncing How many times can you bounce the ball without stopping?</p> 
<p>Activity 4: Kick-ups How many kick-up can you do? Try this with different size balls.</p> 	<p>Activity 5: Skipping How many backward skips can you do with a skipping rope?</p> 	<p>Activity 6: Yoga Complete a yoga work-out on YouTube as a family.</p> 
<p>Activity 7: Dance Complete a just dance workout on YouTube. How long can you do this for?</p> 	<p>Activity 8: Circuit Mania Create an obstacle course for you and your family to complete.</p> 	<p>Activity 9: Animal Races Hop like a bunny or frog, squat and waddle like a duck ETC.</p> 
<p>Activity 10: Sign up to GoNoodle with your parents and do physical activities as a family.</p> 	<p>Activity 11: Follow the leader Create your own workout with energetic movements, e.g. jumping, squatting.</p> 	<p>Activity 12: Popcorn Push-ups Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each thrust.</p> 
<p>Activity 13: Jumping Jacks Competition How many star jumps can you do?</p> 	<p>Activity 14: Indoor bowling Roll balls to knock down different objects.</p> 	<p>Activity 15: Indoor sport Create your own indoor sport and play with your family.</p> 
<p>Activity 16: Step workout Follow a step video on YouTube and try to keep up. https://www.youtube.com/watch?v=ial4J4nmgCo</p> 	<p>Activity 17: Practise your aim Throw a ball into basket, cup, and bowl. Change the size of the ball and target.</p> 	<p>Activity 18: Dribbling Dribble the ball through obstacles.</p> 
<p>Activity 19: Clap catching Throw objects in the air and see how many claps you can do.</p> 	<p>Activity 20: Speed Bounce How many jumps can you do in one minute?</p> 	<p>Activity 21: Create a biography About your favourite sports person and practice their skills.</p> 

Daily Physical Activities

(Compete against parents or siblings)