

## European Week of Sport - 23<sup>rd</sup> to 30<sup>th</sup> September 2020

Name:

Class:

**Here are some activities you can try at home**

<u>Activity</u>	<u>Tick</u>	<u>Parent's Signature</u>
Cycle on your bicycle for ten minutes		
Play the game 'hop scotch'		
Play tag with someone at home		
Play a ball game in the garden		
Go for a walk with a parent		
Throw the ball to someone for five minutes		
Practice bouncing the ball on the spot for as long as you can		
Use your skipping rope in the garden		
High knees for two minutes		
Practise the hand pass with someone else		
Balance on one foot for 10 seconds and then balance on the other foot for 10 seconds		
Practice the kick pass against a wall. Make sure there are no windows on the wall!!!		
Walk around a local park		
Practice the 'solo' for ten minutes on your right and then your left foot.		
Practice a dance to your favourite song.		
Learn the Haka		
Throw the frisbee to someone for ten minutes		
Play a game of badminton/tennis		
Try a new sport		
Make an obstacle course in your garden		
Eat five pieces of fruit/vegetables a day		
Learn three new facts about healthy eating		
Your own idea for being active:		