

## Staying active ideas!

Always make sure you have plenty of room around you when playing these games and ask an adults permission before playing.

### Bullseye

This could be played in the garden or inside with permission. You could play it on your own or with someone else.

Find something to be your target, this could be a hoop, a stick in the ground or plastic plate.

Stand away from the target and try and get a ball/beanbag/balled up pair of socks on the target.

To make it more of a challenge try throwing it from further away. You could try and come up with a scoring system.

This is a great way to practise your aim and co-ordination.

### Outdoor exercise ideas

Being outside is great for the mind as well as physical health. It is important to stick to social distancing guidance when outside. Here are some ideas:

Going out on a bike

Going out on a scooter

Jogging round a field

Playing it

Going for a walk

You could set yourself personal challenges or create courses to make it more exciting.

This is great for physical fitness.

### Personal best challenge

This is about core strength and beating your personal best.

When throwing a ball in the air, how many times can you clap before catching it?

Try recording your results and see if you can beat them by the end of the week.

Personal best is about challenging yourself and bring proud of your own achievements.