

Staying active ideas!

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

Bottle Flip

All you need is a plastic bottle half filled with water.

Hold the bottle by the lid

Flip the bottle and let go to try and make it land flat in the floor

Keep trying!

To make it more of a challenge fill it with more or less water.

This is great for coordination, resilience and accuracy.

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:

Play a game or IT or stuck in the mud with someone from your household

If you have a Hula Hoop how long can you keep it up for?

Make an obstacle course to run, skip or jump around

You could set yourself personal challenges to make it more difficult.

These is great for physical fitness and stamina.

Personal best challenge

This is about core strength and beating your personal best. Using a skipping rope. If you don't have a skipping rope you could try skipping without one.

How long can you skip for?

How many skips can you do in 1 minute?

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.