

## **Staying active ideas!**

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

### **Cotton ball crawl**

You need cotton wool balls and a spoon. You could use other items like ball pool balls, pasta or anything you can balance on a spoon.

Put all the cotton wool balls into one room

Run from a different room to collect a ball on your spoon

Run back to the room you started in, but careful not to drop the ball

The aim is to get all the cotton wool balls into another room as quickly as you can without dropping them.

Change what you are carry for different levels of challenge or change the way that you are moving.

This is great for coordination, resilience, balance 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:

Hula hoop

Skiping rope

Frisbee

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 hula hoop for?

How long can you hop for? If you find it too easy try switching legs!

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.