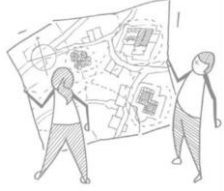







Cycle Your Bike/Scooter 10 minutes	Go for a Walk/Walk the Dog 15 minutes	Dance to three of your favourite Just Dance songs on Youtube	Run 5 minutes
Local Walk 	Alphabet Twos 	Obstacle Course Orienteering 	Class Challenge 
Active Housework/ Active Work Outside 10 minutes	Play Simon Says with your Family	Go to the Playground	20 Sit Ups -rest- 20 more if you can
Other:			

Games Instructions

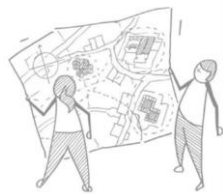
Local Walk

Equipment Needed

No equipment needed.

How to play

Choose a space in your local area that is safe to walk. Pick four features or locations in that space such as buildings, monuments, trees or streets that you would like to walk to. Make a plan of how to walk to all of them in one trip. Time how long it takes you. Estimate the distance and number of steps you have walked.



Alphabet Twos

Equipment Needed

No equipment needed.

How to play

Go for a three kilometre walk with someone from home. Have a game of Alphabet Twos as you walk. Choose a category such as countries. The first person names a country beginning with A, the other person also names a country beginning with A. Continue onto countries beginning with B, C, D moving through the alphabet.



Other categories could include-

- Foods
- Boys names
- Girls names
- Famous people

Obstacle Course Orienteering

Equipment Needed

Objects and toys to act as obstacles, a blank page and a pencil, a stopwatch.

How to play

Design an obstacle course in your garden or in a safe space inside your home. The course should have five obstacles to jump over, crawl under or run around. Draw a map, mark each obstacle on it and specify the path to follow. Invite someone at home to complete your course using the map. Use a stopwatch to time them. Try to beat their score.



Obstacle Jump

Equipment Needed

A blank page, a pencil and a stopwatch.

How to play

Draw a map of your school grounds from a birds eye view. Mark in all the features on the map such as cars, football pitches, basketball hoops, and walls. Design a course for one of your school-friends to race. Include a starting point, five points to reach on the course and a finishing point. Submit your Race Map to your teacher and challenge your class to complete your course in the fastest time possible.

