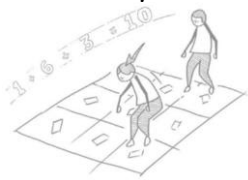

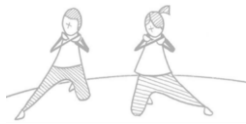




Cycle Your Bike 10 minutes	Go for a Walk 15 minutes	Throw a ball with someone 10 minutes	Run 5 minutes
Memory Mat 	Balance With a Buddy	Teddy Bear, Teddy Bear, Turn Around 	Bond, James Bond 
Active Housework/ Active Work Outside 10 minutes	20 sit ups -rest- 20 more if you can	Draw your own Hopscotch with chalk and play	10 wall press ups -rest- 10 more if you can
Other:			

## Games Instructions

### Memory Mat

#### Equipment Needed

Playing cards or numbers written on pieces of paper (one to ten), skipping ropes or string or draw out a grid on the playing area using chalk.

#### How to play

Set up your playing area as in the illustration below. Design your own sequence for example four, six, two, seven. Jump and land correctly in this sequence around the squares.

Choose a target number. Jump around the squares adding the numbers as you jump until you have reached your target.



### Balance With a Buddy

#### Equipment Needed

A soft surface such as a carpet, mat or grassy area.

#### How to play

Try some of the following pair balances with someone at home.

- Sinking movement
- Seesaw movement
- Arabesque
- Wine glass
- Horizontal pairs
- Hands and knees balance
- Create a pair balance of your own

### Teddy Bear, Teddy Bear,

#### Turn Around

#### Equipment Needed

A soft surface such as a carpet, mat or grassy area.

#### How to play

Can you roll like a teddy bear?

Sit on the floor with your legs straight, spread apart. Sit tall and place your hands behind your knees.

Lean to the left, drawing your right leg upwards. Roll sideways across your back and shoulder. Keep your legs spaced apart throughout the roll.

Finish in a straddle shape facing the opposite direction from where you started.



### Bond, James Bond

#### Equipment Needed

A soft surface.

#### How to play

Imagine you are James Bond or any of your favourite superheroes.

Begin by kneeling on the floor. Extend your right leg to the side, creating an upside down v shape with your legs. Place each hand on the front of the opposite shoulder.

Begin the roll by rolling onto your left shoulder, over your back and onto your opposite shoulder, you will finish the roll kneeling on the opposite leg to which you started kneeling. The other leg will be extended fully as before.

Try to roll in the opposite direction

