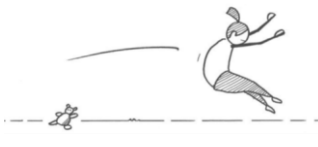







Cycle Your Bike/Scooter 10 minutes	Go for a Walk/Walk the Dog 15 minutes	Create Your Own Obstacle Course	Run 5 minutes
Long Jump One 	Vertical Jump 	Standing Starter Sprints 	Move Like An Animal 
Active Housework/ Active Work Outside 10 minutes	Play Balloon Volleyball 10 minutes	Skip 2 minutes	Make up a DANCE to your favourite song
Other:			

Games Instructions

Long Jump One

Equipment Needed

Two teddies or jumpers to mark the start and finish of your jump.

How to play

Place one teddy down as the starting point. Exploring jumping for distance:

- Jump two feet and land on two feet
- Jump one foot to land on two feet
- Jump one foot to land on one foot



Place another teddy down where you land.

Note which type of jump is your longest distance!

Vertical Jump

Equipment Needed

A piece of chalk or a pencil and a measuring tape.

How to play

Stand sideways to a wall in the playing area. Practise jumping up high and straight, to touch the wall. Invite someone from home to mark your jump height with chalk. Try to beat your previous height. Turn around and try on the other side reaching up with your other hand!



Standing Starter Sprints

Equipment Needed

Two teddies, two t shirts.

How to play

Place two teddies ten metres apart. Stand at one teddy and invite someone at home to stand at the other. Practise "On your marks, set, go" with your partner calling out the commands. Sprint over to your partner. Swap roles.



Move Like An Animal

Equipment Needed

Two teddies, cuddly toys or cans of food.

How to play

Use your teddies as markers. Place them five metres apart. Run up and back from teddy to teddy ten times. Try running like different animals such as a cheetah, a hippo or a chicken. Practise running at different speeds such as running after a bus, running out of water, backward running.

