

## Physical Activity Ideas

Attached are some examples of activities that you can do at home with your child.

Activity description	Resources required	Time the activity will take
Circuit exercises	No resources. <ol style="list-style-type: none"><li>1. 30 seconds star jumps</li><li>2. 30 seconds high knees jogging</li><li>3. Rest 30 seconds</li><li>4. 15 seconds sprinting on the spot</li><li>5. Rest 15 seconds</li><li>6. 30 seconds squat sits</li><li>7. 30 seconds rest</li><li>8. 1 minute jogging on the spot.</li><li>9. 20 second rest</li><li>10. 40 seconds sprinting on the spot as fast as you can!</li></ol>	5 minutes
Throwing and catching	Small or large ball.  Practice throwing the ball in the air first and catching with open palms around the ball and bringing it into your chest to secure the ball. (Try with a larger ball first).  Once you have accomplished this try throwing the ball to someone in your household with a soft under arm throw with 2	5-10 Minutes

	<p>hands and catching the ball back and forth with each other!</p> <p>TIP: Always keep your eyes on the ball!</p>	
Stretching	<p>no resources</p> <ol style="list-style-type: none"> <li>1. Bend down with straight legs touching your toes for 10 seconds</li> <li>2. Make big circles with your arms going forward then backwards. (Make sure you have plenty of space for this)</li> <li>3. Put your hands on your hips and open your legs slightly wide and circle your hips.</li> <li>4. Sit on the floor, stretch your legs out and touch your toes with your finger tips.</li> <li>5. Stand up and shake it off</li> </ol>	3 minutes
Kicking	<p>You will need a ball.</p> <p>Practise kicking with your strongest foot. Connect with the ball with the top of your foot aiming at a target that you can knock over. See how many times you can knock the target over within 10 tries.</p>	5-10 minutes

	<p>After this then practice kicking the ball to somebody else and let them kick the ball back to you. Try to stop the ball with the bottom of your foot and not your hands!</p>	
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