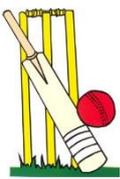


<h2 style="text-align: center;">Yoga</h2> <p>Yoga can help you become stronger, calmer and wiser</p>  <p>Check out Cosmic Yoga online for some great sessions or maybe come up with your own yoga routine https://www.youtube.com/user/CosmicKidsYoga Put a towel or yoga mat on the floor and off you go</p>	<h2 style="text-align: center;">Basketball</h2> <p>Practice dribbling...</p>  <ul style="list-style-type: none"> - With your right hand - With your left hand - Crossing over hands - Between your legs - On one leg - In a circle - In a zig zag pattern 	<h2 style="text-align: center;">Just Dance</h2> <p>Dancing is a great way to release energy and get fit in a fun, creative way</p>  <p>Check out JustDance videos online or make your own dance routine to your favourite song https://www.youtube.com/user/justdancegame</p>
<h2 style="text-align: center;">Throwing and catching</h2> <p>Practice using various sized balls. You can practice alone or with a parent or sibling.</p>  <ol style="list-style-type: none"> 1. Throw and catch to yourself 2. Throw, add a clap or trick in between then catch 3. With a partner practice chest passing, bounce passing and shoulder passing. <p>If you don't have any balls at home you can use a teddy bear or socks</p>	<h2 style="text-align: center;">Circus</h2> <p>Practice your circus skills</p>  <p>Juggling: behind back, under leg, single hand column Spin Sticks: flat toss, overhead catch</p> <p>Diablo: throw & catch, trampoline Scarves: behind back, cross arms,</p> <p>Plates: throw & catch, balance, spin Poi: wheel on tracks, crossover, alternate circles</p>	<h2 style="text-align: center;">Soccer</h2> <p>Practice dribbling</p>  <ul style="list-style-type: none"> - With you right foot - With your left foot - Outside of foot only - Inside of foot only <p>If there is enough space set up a course so you have to dribble around objects and then score a goal at the end</p>
<h2 style="text-align: center;">Obstacle Course</h2> <p>Build your own obstacle course going over, under and around objects</p>  <p>Practice your running, jumping, skipping and sidestepping too!</p>	<h2 style="text-align: center;">Football</h2> <p>Can you handball with your left hand?</p>  <p>Can you handball with your right hand?</p> <p>Can you kick with your right AND left foot?</p> <p>Practice chest marks and bouncing as well</p>	<h2 style="text-align: center;">Skipping</h2> <p>With a skipping rope practice</p> <ul style="list-style-type: none"> - Skipping on the spot - Skipping forward - Skipping backward - Can you do cross overs? 
<h2 style="text-align: center;">Cricket</h2> <p>Practice your over arm bowling – fast, slow, spin</p>  <p>Practice batting – can you drive it along the ground? Can you hit it in the air?</p> <p>Practice your classic catches or have a game of tip and run with your family</p>	<h2 style="text-align: center;">Open Physed/Go Noodle</h2> <p>Some great websites for getting active at home</p> <p>They have many different programs for everyone of all ages</p> <p>https://openphysed.org/activeschools/activehome</p> <p>https://www.gonoodle.com/</p>	<h2 style="text-align: center;">Olympics</h2> <p>Learn about the history of the Olympics, the meaning and all the different sports</p>  <p>There are some great activities on</p> <p>https://www.olympic.org/museum/visit/schools/teaching-resources</p>