

Physical Activity

- Create your own dance to your favourite song
- Learn to skip
- Have skip races
- Build huts
- Climb trees
- Go on bush walks
- Walk your dog
- Learn to look after your animals
- Play catching and throwing games
- Learn how to do a handstand - see how long you can hold it
- Learn to spin a ball on your finger
- Learn how to do a headstand - see how long you can hold it
- Learn how to do a cartwheel
- Try yoga
- Play hopscotch
- Draw pictures on the concrete
- See how many goals you can get in 2 minutes
- Learn to juggle
- See how many juggles you can do with a ball and tennis racket
- See how many times you can juggle a soccer ball
- Dribble a ball through cones