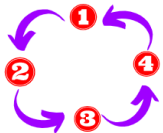




Active Week Menu 1st – 3rd Class

*resource available on Google Classroom / Aladdin

<p>60 second challenge - how many times can you:</p> <ul style="list-style-type: none"> ● pass a ball around your waist ● skip with/without a rope ● catch a ball using 1 or 2 hands ● throw a ball at a target 	<p>Go for a family walk/jog/run. Try and keep track of the distance / steps taken.</p>	<p>Make up a dance / dance along* to to your favourite song / TikTok.</p>
<p>Do 10 minutes of stretches, can you make yourself really tall / really small?</p>	<p>Create a fitness alphabet (or look at the one we have sent*). Spell out your name using the different exercises. If your name is short, include your surname!</p>	<p>Create your own obstacle course including:</p> <ul style="list-style-type: none"> ● a balance ● a backwards walk/run ● something to crawl under ● 20 jumping jacks
<p>Design a scavenger hunt for your family*</p>	<p>Measure your heartbeat for 30 seconds. Complete 10 minutes of active housework and then count your heartbeat again!</p>	<p>Water race (ask an adult for permission first) Fill a bowl with water, fill a cup and race to another empty bowl. Run back. How many cups of water can you get into a bowl in one minute?</p>
<p>Design an activity circuit with a different exercise at each number. How many times can you make it round the circuit in 5 minutes?</p> 	<p>Invent your own “Joe Wicks” workout (Include 4 different moves, Repeat the set of moves 3 times). Search ‘PE with Joe’ on YouTube for some inspiration!</p>	<p>Other:</p> <ul style="list-style-type: none"> ● Design your own medal ● Complete an ‘Active Week’ acrostic poem ● Invent a new active week activity ● Create an active week poster

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