

Olympics 2020:

These activities will be based around some of the events in the Olympics, hopefully ones that are manageable, at home.

Long Jump; How far can you jump? Can you get further if you swing your arms? Who can jump the furthest?

High Jump; How high can you jump? Can you jump higher if you bend your knees? Who can jump the highest?

Throwing; How far can you throw a ball? Can you throw it further if you take a run up? Who can throw the furthest?

Sprints; Mark out a distance, not too far, and see how fast you can run from the start to finish. If your garden isn't big enough, why not travel to a field near by?

Distance; Pick a place you love to walk, can you run it? Can you run along the sea wall, past all of the colourful beach huts? Can you run two laps of a field, near your house?

Animal Agility:

These activities will be based around animals and what sorts of things those animals can do, maybe you can copy.

Flamingo; they do lots of standing still. Can you balance on one leg? How long can you balance for? Can you switch legs? Can you balance on one leg with a cushion on your head?!

Cat; they do lots of balancing while moving. Can you balance and walk along a single line? Can you climb a tree?

Horse; they do lots of running. How far can you run? How fast can you run? Can you run while leaping over something?

Gazelle; they do lots of jumping. Can you jump from one place to another? How long can you make your jumps? How high can you make your jumps? How fast can you jump?

Crab; Can you perform the crab balance? Can you move while holding this balance? Try moving forwards and backwards. Can you even walk sideways like a crab?!

Enjoy! x