

Idea for physical activities

Do a Joe Wicks workout	Complete a Just Dance	Practise kick ups	How many star jumps can you do in minute? Can you beat it?
Go for a jog	Aim to be outside for at least 30 mins a day	Have a tech-free afternoon	How many laps of your garden can you do?
Build a snowman (if possible)	Learn to do a forwards roll	Go for a bike ride	How many times can you throw and catch a ball without dropping it
Learn to use a yo-yo	Complete Miss Cornforth's alphabet challenge	Create a dance sequence to your favourite song	Create a target practise game for everyone at home