



Staying active...

Tick once completed

40 star jumps <input type="checkbox"/>	Run for 3 minutes without stopping <input type="checkbox"/>	Go for a walk around your home <input type="checkbox"/>	Throw and catch <input type="checkbox"/>
How many different balances can you create? <input type="checkbox"/>	Create a map of your home <input type="checkbox"/>	How long can you skip for? <input type="checkbox"/>	How long can you hoola hoop for? <input type="checkbox"/>
Jogging on the spot <input type="checkbox"/>	Eat some fruit <input type="checkbox"/>	Play stuck in the mud <input type="checkbox"/>	Create your own assault course <input type="checkbox"/>
Create your own dance <input type="checkbox"/>	Yoga <input type="checkbox"/>	30 lunges <input type="checkbox"/>	Drink plenty of water <input type="checkbox"/>
Play 'Duck, duck goose' <input type="checkbox"/>	Play Hide and Seek <input type="checkbox"/>	Play 'What's the time Mr Wolf?' <input type="checkbox"/>	Floor is Lava <input type="checkbox"/>

Cosmic yoga- <https://www.cosmickids.com/>

Real PE- <https://jasmineactive.com/news/home-learning-resources/>

The body Coach- <https://www.youtube.com/playlist?list=PLyCLOPd4VxBvPHOpzoEk5onAEbq40g2-k>

BBC Supermovers- <https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr>

Haka Aromatawai - <https://www.youtube.com/watch?v=EreyDbacZwk>

The Disco- <https://imoves.com/the-imovement>