

You may choose any activity(s) but you should aim for 40- 60 minutes of physical activity a day.

Choose 1	Family Soccer (40) <ul style="list-style-type: none"> Set up goals using buckets or items laying around. Split up into teams and have 2,20 minute quarters When finished write down how winning or losing makes you feel. 	Family Rugby (40) <ul style="list-style-type: none"> Split up into teams and play a game of touch rugby Once finished record how your team did and ways you can improve next time 	Family Paper Plate Tennis/Badminton(40) <ul style="list-style-type: none"> You can use rackets or your hands Find a tennis ball and on the drive way draw a line and practice hitting over it Once you get a feel for it start a game. 	Cook a Recipe (40) Find a recipe to cook <ul style="list-style-type: none"> Must include at least 2 types of veggies Do the measuring and pouring of ingredients Cook and serve Write down the recipe and share why it was a healthy meal. 	Workout Video (30) Click Here to access a YouTube channel, where PE Joe has a new workout for you every day.
Choose 2	Freeze Tag (20) Go outside and play tag. If there is no one else with you go for a jog around the yard. Notice how your heart beats before you start running and then after you play write down how your heart feels different after exercising.	4 Square (20) Go out onto the carpark and create a 4 square, square. If you have 4 or more play normal rules, if you have 2 people each person gets 2 squares to cover.	Bike Ride (20) Go for a bike ride with a friend, your parent, or by yourself if you have permission.	Balloon Volleyball (20) See Example Below	Catching and Throwing Activities(20) See below for instruction
Choose 3	Dance (15) Put on Dance Dance revolution or a game like this on a gaming device and do this for 15 minutes. Find a youtube tutorial on a dance you like or want to learn. Another option is to get 5 tik tok dances you like and practice them for 15 minutes.	Paper Basketball (15) See Example Below	Daily Dice (15) See example below	Skipping Activity(10) Below is instructions on what you can do.	Gymnastic Matrix(10) See instruction below
If you complete your own physical activity write about or draw what you did.					