

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

Choose 1	<b>Family Soccer (40)</b> <ul style="list-style-type: none"> <li>Set up goals using buckets or items laying around.</li> <li>Split up into teams and have 2,20 minute quarters</li> <li>When finished write down how winning or losing makes you feel.</li> </ul>	<b>Family Rugby (40)</b> <ul style="list-style-type: none"> <li>Split up into teams and play a game of touch rugby</li> <li>Once finished record how your team did and ways you can improve next time</li> </ul>	<b>Family Paper Plate Tennis/Badminton(40)</b> <ul style="list-style-type: none"> <li>You can use rackets or your hands</li> <li>Find a tennis ball and on the drive way draw a line and practice hitting over it</li> <li>Once you get a feel for it start a game.</li> </ul>	<b>Cook a Recipe (40)</b> Find a recipe to cook <ul style="list-style-type: none"> <li>Must include at least 2 types of veggies</li> <li>Do the measuring and pouring of ingredients</li> <li>Cook and serve</li> <li>Write down the recipe and share why it was a healthy meal.</li> </ul>	<b>Workout Video (30)</b> Click <a href="#">Here</a> to access a YouTube channel, where PE Joe has a new workout for you every day.
Choose 2	<b>Freeze Tag (20)</b> 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.	<b>4 Square (20)</b> 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.	<b>Bike Ride (20)</b> Go for a bike ride with a friend, your parent, or by yourself if you have permission.	<b>Balloon Volleyball (20)</b> See Example Below	<b>Catching and Throwing Activities(20)</b>  See below for instruction
Choose 3	<b>Dance (15)</b> 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.	<b>Paper Basketball (15)</b> See Example Below	<b>Daily Dice (15)</b> See example below	<b>Skipping Activity(10)</b>  Below is instructions on what you can do.	<b>Gymnastic Matrix(10)</b>  See instruction below
<b>If you complete your own physical activity write about or draw what you did.</b>					