



Staying active over Easter ... The Meadowside way! Pick a different activity to do each day.

<p>Read a story and act it out</p> <p>Can you move in different ways? Can you move at different speeds?</p>	<p>Create an obstacle course</p> <p>Can you climb over/ under / along / jump over obstacles with control?</p> <p>Ask an adult first!</p>	<p>Easter Egg and spoon race</p> <p>You could use a hard boiled egg or even a chocolate one! Can you make it more of a challenge by adding some obstacles into the route?</p>	<p>Musical statues</p> <p>Can you make a shape and hold it for 5 seconds? Can you balance on one foot? What other body parts could you use?</p>	<p>Create your own wake and shake</p> <p>Choose your favourite song and create your own routine. Can you teach it to someone else in your family? You could even record it and then teach it to your class when we are back in school!</p>
<p>Balloon Tennis</p> <p>Using a balloon and your hands can you play a game of tennis? How long can you keep the balloon in the air for?</p>	<p>Sevens ball challenge</p> <p>https://www.twinkl.co.uk/resource/t2-pe-104-sevens-ball-game-to-support-teaching-on-throwing-and-catching</p> <p>A simple but great way to practice your throwing and catching skills. Can you create a similar challenge of your own to test your family?</p>	<p>Keepy Uppys</p> <p>You could use a football, pair of socks or even a lloo roll! How many can you do? Who is the best at keepy uppy in your house?</p>	<p>Snowball fight</p> <p>Have a sockball fight! Not really snowballs, but sock balls!!!!</p> <p>Please check with an adult first!</p>	<p>Target practice</p> <p>Can you set up a target throwing or kicking game – it could be getting balls in an empty bin,</p>
<p>Hide and seek</p> <p>Ask an adult to hide 10 of your toys, either in the house or in the garden. How quickly can you find them all? Play it again, can you beat your time?</p>	<p>Run a marathon!</p> <p>https://www.bbc.co.uk/news/uk-england-gloucestershire-52109270</p> <p>A local man has decided to run a marathon in his garden...instead of running a marathon, could you do a daily mile? Ask an adult to help you work out how many laps you need to do!</p>	<p>Carousel</p> <p>Can you create a carousel of activities for all your family to follow? It could include star jumps, jogging on the spot, sit ups, push ups etc.</p> <p>The choice is yours!</p>	<p>Stay at home Olympics!</p> <p>What sports are usually included in the Olympics? Can you create your own home versions of some Olympic sports? How many different sports can you have a go at? Keep a medals table to show who is most successful in your house!</p>	<p>And don't forget Joe Wicks!</p>