



PHYSICAL ACTIVITY AROUND THE HOUSE!

Work through the list of activities below and tick each off as you complete them:

- ☐ Walk/run 50 or 100 steps
- ☐ Throw a ball at a wall and catch it 20 times (use a ball or scrunched up newspaper)
- ☐ Keep a balloon or scrunched up paper ball in the air for 10 hits in a row
- ☐ Animal walks – walk into all rooms of your house using your favourite animal walk (eg” bear crawl, kangaroo jump, or inch worm)
- ☐ 20 star jumps
- ☐ Run on the spot for one minute
- ☐ Throw and catch a scarf into the air 30 times – try using different hands
- ☐ Make 100 skips
- ☐ Create a hopscotch pattern with chalk, tape, socks or ribbons and complete it
- ☐ Stand on one foot and throw a ball, soft toy or scrunched up paper ball from one hand to the other
- ☐ Play your favourite song and dance
- ☐ Make a balance beam/tightrope with a rope, plank or draw a chalk line on the ground and walk on it
- ☐ Make an obstacle course with things in your home – you have to go over, under and around!
- ☐ Practice your long jump – mark a line on the ground to start behind and then jump as far forward as you can. Try 10 jumps and see if you can beat your last jump
- ☐ Set up a goal and try to get 20 kicks in
- ☐ Set up some toys or bottles as targets and roll a ball to knock them over. If you knock a target over, step back to make it more challenging
- ☐ Make a target on an outdoor wall to throw at with chalk, paper, tape or using bricks. Try to hit the targets 10 times. Move further back to make it more challenging
- ☐ Use a hula hoop and try to keep it up as long as possible!
- ☐ Read a story book with an often repeated word – if the word is mentioned in the story, you need to do an activity (eg: 5 star jumps)

Think of your own and list them below:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____