

"Work" for 25th – 31st of May

SURPRISE - Your homework this week is to complete 60 minutes or more of physical activity per day!

*This is to motivate young people to keep active –try out new activities, take on challenges and have fun with your family!

*This can be skipping, dancing, jumping, hoovering, weeding, mopping floors, cleaning windows, go noodle, hopscotch, silent marching.

- Remember our favourite game in PE - Rob The Nest - If you don't have hoops use string or even a few boxes, if you don't have beanbags use dolls, teddies or balls.

-Can you remember how to do the plank?? Can you beat your parents??

-If you have space set up an obstacle course-jump over your school bag, crawl under a chair (safely ☺)

-Balloons –use for football or volleyball

-Set up mini Olympics

-Use empty toilet rolls for bowling

-Can you walk 5k,10k in 7 days

-Make up your own dance!

*These are just some suggestions –I cannot wait to see what my clever creative girls come up with!!

*Keep a chart of all your activities (page in with school books) and these will help our school gain an Active School Flag:) I have also attached it to this activity in case you want to print it off or get creative and make your own chart.

*Please send me videos, photos and charts showing your activities through Seesaw or email missgrantpres@gmail.com next Sunday 31st May

*Also the school will gather photos to make a video for everyone to watch and to share on social media –if you would like your photos to feature in the video –please email them by June 1st –to presactiveschool2020@gmail.com

Most importantly get active and have fun!