

Lockdown Activity Ideas

<u>Activity</u>	<u>Description</u>
<p>The keepie uppie challenge</p> 	<p>How many keepie ups can you do? Can be with a bounce to make it a bit easier. Can be done indoors or outdoors with anything round.</p>
<p>Balance beam</p> 	<p>Stick a piece of tape to the floor. Can your child walk across it without falling off? To make it more difficult can they hop along it, go backwards or turn on it?</p>
<p>Hopscotch</p> 	<p>A fun traditional game that just needs chalk (or tape inside) and a small object to throw.</p>
<p>Bean bag toss</p> 	<p>Set up targets for your child to aim at. Targets can be anything from chalk drawn circles, sheets of paper or bowls. Throw the beanbags or alternative object and score points.</p>
<p>Hula hooping</p> 	<p>Have fun hula hooping inside or out.</p>
<p>Skipping</p> 	<p>Do some skipping activities. It's great for your fitness. Can be done inside (very carefully) or outside.</p>

Don't forget to record any activities you complete on your activity log sheet and hand it back in to me when you return to school.

Good luck!!!!

Mrs Dennett