**Active Home Week 2020**

Active Home Week takes place from **Monday 27th April – Sunday 3rd May 2020**

Choose 4 **activities** from the list below, the ideas word cloud sent out or do your own activities and **write them in the box** for that day. Remember you must do 4 **different activities that add up to 60 minutes.**

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| ***GETNS Active Home Week Suggestions*** | |
| * Cycle your bike or scooter * Kick/throw a ball or frisbee with someone from your house * Draw your own hopscotch with chalk and play * Go for a walk/run within 2km of your home * Dance to your favourite songs! * Do some Active Housework: e.g. sweeping, vacuuming etc. * Create your own obstacle course * Toilet roll keepy-uppies | * Skip / hula hoop / trampoline * Play balloon tennis/volleyball * Play ‘Simon Says’ using exercises * Do some of the exercises from the sheet sent home last week :) * Pe with Joe Wicks * Play a game in your garden * Musical Statues * Basketball hoops / practice * Create your own exercise circuit |
| **Monday 27th April**  **Activity: Time:**  **1.**  **2.**  **3.**  **4.** | **Tuesday 28th April**  **Activity: Total Time:**  **1.**  **2.**  **3.**  **4.** |
| **Wednesday 29th April**  **Activity: Total Time:**  **1.**  **2.**  **3.**  **4.** | **Thursday 30th April**  **Activity Total Time:**  **1.**  **2.**  **3.**  **4.** |
| **Friday 1st May**  **Activity: Total Time:**  **1.**  **2.**  **3.**  **4.** | **Saturday 2nd May**  **Activity: Total Time:**  **1.**  **2.**  **3.**  **4.** |
| **Sunday 3rd May**  **Activity: Total Time:**  **1.**  **2.**  **3.**  **4.** |  |

I DID IT! I as active for 60 minutes every day! 😊 Tick the box:

Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_