**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.**

|  |
| --- |
| ***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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_