

6 A DAY ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walk for 5 minutes around the play-ground. Count how many steps you do	5 minutes skipping with a rope	Play a ball game with a friend.	50 hops on each leg. Can you do more than 50 on each leg?	100 skips with a rope	Go for a 10 minute family walk	Go for a family walk or bike ride
Skip for 1 minute. How many skips did you do?	<u>Yoga session</u>	Skipping with a rope: How many skips can you do in 30 seconds?	Skipping practise	10 minutes activity of your choice	Play hopscotch or make up your own game using hop skip and jump	Climb the stairs x 10
How many laps of the daily mile route can you do in 10 minutes?	Jogging on the spot: 10 star jumps: 10 skips: 10 hops on each leg Repeat	Target practice! How many times can you get a bean bag in a hoop 2m away in 1 minute? Can you beat your score? Can you beat your friend's score?	<u>HIITS workout</u>	Play a game of tag	Build and complete an obstacle course (on a space hopper if you have one)	Round the world How many times can you pass a ball around your waist in 1 minute? Try and beat your score? How long does it take you to get to 100?
10 minutes activity of your choice	Hula hoop practise. How many can you do in one minute?	Pass a ball around your waist as many times as you can without dropping it	10 minutes activity of your choice	Play piggy in the middle	How many goals can you score (choose which goal you want to use)	Can you do the alphabet of shapes routine by memory?
Play hopscotch	Play throw and catch	Play hide and seek with your friends	Dance to your favourite music	<u>Learn a dance routine</u>	10 minute activity of your choice	Hold a plank for as long as you can. Can you plank for at least 2 minutes?
<u>Yoga session</u>	<u>Stretching session</u>	<u>yoga session</u>	<u>Alphabet of shapes routine</u>	<u>Yoga session</u>	<u>Alphabet of shapes routine</u>	Make a yoga video and ask your family or a friend to complete it with you

