


<p>Design an obstacle course in the backyard. Time how long it takes family members to complete the course.</p>	<p>Count how many of each you can do in one minute.</p> <ul style="list-style-type: none"> • Star Jumps • Skips • Hops • Touch toes 	<p>Complete the following circuit.</p> <ul style="list-style-type: none"> • Star jumps X 10 • Sit-ups X 10 • Pushups x 10 • Fast feet X 20 secs • Plank X 10 secs • High knees X 10 	<p>Time or measure the following:</p> <ul style="list-style-type: none"> • Laps of the house • A minute to win it e.g. hopping on 1 leg, catching right hand, left hand 	<p>Practice your throwing technique aiming ping pong balls into cups.</p>
<p>Design a hopscotch grid outside and play with your family.</p>	<p>List all the letters of the alphabet and give each letter an exercise.</p>		<p>Use masking tape to make a ladder to jump between, lines to balance on, etc.</p>	<p>Use hand or foot to bounce ball for as many reps as possible</p>
<p>Something slower: Download smiling minds and follow the activities.</p>	<p>Write a healthy meal for breakfast, lunch and dinner.</p>	<p>Look up some dancing websites:</p> <ul style="list-style-type: none"> • Go noodle • Just Dance • Active kids 	<p>Teach yourself a new skill, such as jumping, burpees, mountain climbers.</p>	<p>Create your own game with an explanation and rules.</p>