

Indoor Tennis.  
Click the link below for skills to try with a hardback book and a scrunched-up ball.

<https://youtu.be/lvySZYSZFNy>

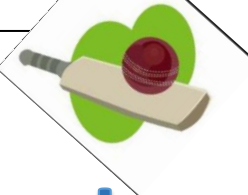


If you have a tennis racket try these 15 skills to do with a racket and ball.

[https://youtu.be/1-HaFsBE\\_5I](https://youtu.be/1-HaFsBE_5I)



You could try the same with a cricket bat and ball or scrunched up piece of paper.



# Outdoors week

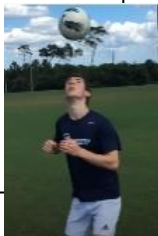


How many 'Keepie-Uppies' can you do?



Fancy a challenge... click this link for some football juggling skills.

<https://youtu.be/Txr2YQzsLDU>



Make an **obstacle course** using things around your house.

To make it varied, try at least one running, one throwing, one zig-zag and one hopping motion.

You could make a theme for your course: pirates, under the sea, circus, in the Jungle.

**Chair Crawl** - using chairs, set up a zig zag pattern and the children need to crawl through each chair in turn. How long does it take? Can you wriggle through on your tummy?

**Tin can alley or skittles.**

Use empty cans and a bundled-up sock for your tin can alley. Skittles can be made by filling plastic bottles with water or sand.



**10 minute daily run**

Take your pulse. Run for 10 minutes. Take your pulse again and see how long it takes to get back to normal. Run every day for 10 minutes and see how much quicker your pulse rate returns to normal.



## 60 Second Challenge Bean Bag Throw

### The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

#StayHomeStayActive



Can you focus, concentrating on the target?

## 60 Second Challenge Socks in the Box

### The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players race, match up a pair of socks and place them in the box.

#StayHomeStayActive



Do you keep trying even if you struggle to match up a pair of socks?

## 60 Second Challenge Around the World

### The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.

#StayHomeStayActive



Do you believe in yourself and keep trying if you drop the ball?

## 60 Second Challenge The Plank

### The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

#StayHomeStayActive



Can you focus and believe you will be able to hold it for 60 seconds?

## 60 Second Challenge Speed Bounce

### The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.

#StayHomeStayActive



Are you focused? Only count the jumps that are completed correctly.

## 60 Second Challenge Burpees

### The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive



Do you keep trying even when you want to give up?

**Bucket Run** - grab a bean bag from one place then run to a bucket placed a little distance away and drop the bean bag in. **Water pot race.**

You could make this more fun by filling a container with water and using a flower pot with some of the holes covered or a plastic bottle with holes in the bottom. How much water can you transport from 1 container to another?

<https://www.cosmickids.com/> More than a million kids do yoga, mindfulness and relaxation with Jaime on [the Cosmic Kids YouTube Channel](#).



So many great skills to practise and demonstrated by Dan the Skipping Man  
<https://www.youtube.com/dantheskippingman>



The walking story. Go for a walk near your home or in your garden. Find 4-5 items and then use them to make up a story. You could tell the story together or write it down. How creative and imaginative can you be?

A

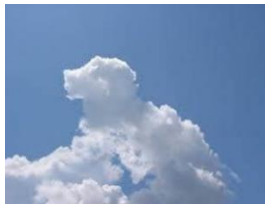
**Alphabet walk.** Talk a walk round your garden or further afield. Can you find something for each letter of the alphabet? You might collect things that are safe to do so or make a list as you go.

B

C

D E F G H I J K

# Outdoors week



## Cloud Art

Let's hope we have some sunshine. Take a walk and look at the clouds or lay on the ground and look up at the sky. What shapes do you see in the clouds?

**Do not look towards the sunshine.**



## Pooh Sticks

Inspired by Winnie the Pooh. If you can get to a river or stream go and have a game of Pooh Sticks. Safely, throw a stick over the bridge or from the bank and see whose stick wins the race.



## Treasure Map.

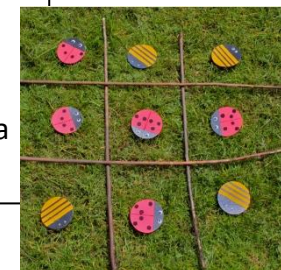
Create a treasure map around your garden the give it to someone in your family. What landmarks can you draw to give them as clues?



Build a den outside. Maybe you could have a picnic, draw a picture or read a book.



Outdoor games. Use sticks and things around you to make a game. Noughts and Crosses would be a great one.



**Hopscotch.** Can you adapt the traditional game of hopscotch? Maybe you do 5 star jumps before picking up your stone, you could come back to number 1 by jumping backwards, or maybe you add in a roly-poly to finish. If you invent a new version it would be great to hear from you so others can try it.