

# GET YOUR

# 30

Week 10

**Complete 30 minutes of physical activity everyday!**

**Kick some goals.** Make a target. How many goals can you do in a row?  
Start close and take a step back each time you get a goal. Can you increase your distance as the week goes on?

Keep a **balloon** off the ground  
Tap with both hands X20  
Tap with left hand only X10  
Tap with right hand only X10  
Tap with both feet X20  
Tap with left foot only X10  
Tap with right foot only X10  
Tap with whole body X30

## Ball Toss

2 hand throw + 2 hand catch X10  
2 hand throw + 1 hand catch X10  
1 hand throw + 1 hand catch X10  
Throw - touch ground - catch X10  
Throw - spin around - catch X10



Measure the perimeter of your backyard.  
How many metres is this?  
**Now run or walk the laps for 20 minutes!**

Once you are finished calculate:  $Laps \times (metres) = Total\ Metres$

Go for a **bike ride or scooter ride** with a member of your family



Take a **walk around the neighbourhood.** Pick a colour and count how many items you find of that colour.



Set up a **treasure hunt** around your house or yard.  
Hide 10 to 20 items and give your sibling or parents clues to find them.



Complete the **dice cardio activity.** See next page for details



Create an **obstacle course inside or outside.**

Remember to ask what you are allowed to use first and pack everything away!

Keep a **balloon** off the ground with your hands/ feet/ any part of your body.  
Hit with a partner, how many hits can you do together?

Spell out your **favourite colour** and complete the exercises for each letter!  
*See next page for details*

Select your favourite **song** and dance along



Complete this **Cosmic Kids Yoga** via this [link](#)



Complete the **ABC Scavenger Hunt** – more info on next page

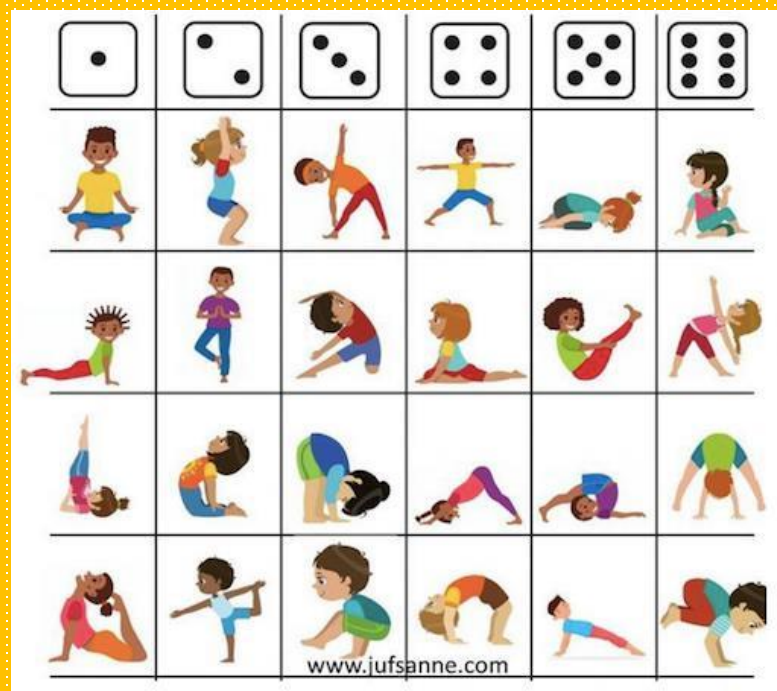
**Develop a game** and send a picture or video of it to Emma!



Complete the **dice yoga activity.** See next page for details.



## DICE YOGA



## DICE CARDIO

### CARDIO

**Knee to Elbow**

**Bounce**

**Jumping Jacks**

**Skier Jump**

**Flutter Kick**

**Jump and Twist**

**REPS/TIME**  
4 DICE ROLL

Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

**2**  **DICE**

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# SPELL YOUR COLOUR WORKOUT

SPELL OUT YOUR FAVOURITE COLOUR AND DO THE MOVEMENT ALONG SIDE THE LETTERS

**A** JUMP UP + DOWN  
10 TIMES

**B** SPIN IN A CIRCLE  
5 TIMES

**C** HOP ON 1 FOOT 6  
TIMES

**D** RUN AROUND THE  
ROOM 2 TIMES

**E** WALK ON TIPPY TOES  
FOR 10 SECONDS

**F** ARMY CRAWL FOR  
20 SECONDS

**G** 12 STAR JUMPS

**H** HOP LIKE A FROG 8  
TIMES

**I** LEFT FOOT BALANCE  
10 SECONDS

**J** RIGHT FOOT BALANCE  
10 SECONDS

**K** MARCH FOR 1 MINUTE

**L** LAUGH REALLY HARD

**M** WALK BACKWARDS  
20 STEPS

**N** 14 HIGH KNEES

**O** 15 STEPS FORWARDS

**P** 16 SIDEWAYS STEPS

**Q** CRAB WALK 30  
SECONDS

**R** FLAP YOUR ARMS  
LIKE A BIRD 25 TIMES

**S** BEND AND TOUCH  
TOES 12 TIMES

**T** WALL SIT FOR 20  
SECONDS

**U** DANCE FOR 20  
SECONDS

**V** 25 ARM CIRCLES

**W** GALLOP LIKE A  
HORSE FOR 1  
MINUTE

**X** DO 5 PUSHUPS

**Y** TEN BUTT KICKS

**Z** SQUAT 7 TIMES



# ABC SCAVENGER HUNT

FIND SOMETHING THAT STARTS WITH  
THE LETTER **A** AND DO 5 STAR JUMPS

SKIP TO A DIFFERENT ROOM TO FIND  
SOMETHING THAT STARTS WITH **B**

JOG TO A DIFFERENT ROOM TO FIND  
SOMETHING THAT STARTS WITH **C**

HOP TO THE DRIVEWAY AND FIND  
SOMETHING THAT STARTS WITH **D**

LEAP TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **E**

JUMP TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **F**

GALLOP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **G**

WALK TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **H**

CRAWL TO THE KITCHEN AND FIND  
SOMETHING THAT STARTS WITH **I**

RUN TO THE LETTER BOX AND FIND  
SOMETHING THAT STARTS WITH **J**

SKIP TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **K**

JOG TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **L**

WALK BACKWARDS TO THE KITCHEN AND  
FIND SOMETHING THAT STARTS WITH **M**

SKIP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **N**

LEAP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **O**

WALK TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **P**

RUN TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **Q**

HOP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **R**

JUMP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **S**

GALLOP TO THE DRIVEWAY AND FIND  
SOMETHING THAT STARTS WITH **T**

WALK BACKWARDS TO THE FRONT DOOR  
AND FIND SOMETHING THAT STARTS WITH **U**

SKIP TO THE KITCHEN AND FIND  
SOMETHING THAT STARTS WITH **V**

LEAP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **W**

RUN TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **X**

WALK TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **Y**

CRAWL TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **Z**