



GET YOUR

30

Week 9

Complete 30 minutes of physical activity everyday!

Shoot some hoops. If you don't have a hoop 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?

Bounce a ball 50 times using your right hand and then 50 times using your left hand. Throw the ball up in the air and see how many times you can clap before catching it. What was your highest score?

Knock em' down. Create a points system for hitting certain targets e.g. 1 point to knock down the toilet roll tower, 2 points to knock down the water bottle. Spread out the items that you can find around the house. Aim to score 30 points!

Practice **throwing a ball** or soft object. Practice throwing far, aiming for a target. Every time you get the object you can take a step back. See how far back you can go!

Complete the Ultimate Full Body Workout for kids via this [link](#)

Complete a **PE with Joe** workout via the link below
<https://safeshare.tv/x/ss5f5037d00691e#>

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

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



Select your favourite song and dance along



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?

"What's your name" workout! Spell out your name and complete the exercises for each letter!
See next page for details



Pick an animal and copy how this **animal would move** (hopping, crawling, jumping, running etc). Choose 5 different animals



Complete this **chair yoga** session via this [link](#)

Complete the **Spell Your Name Workout** – more info on next page

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

Jump on **the trampoline**, try and learn a new movement



SPELL YOUR NAME WORKOUT

SPELL OUT YOUR NAME AND DO THE MOVEMENT ALONG SIDE THE LETTERS

WHEN YOU ARE DONE WITH YOUR NAME DO OTHER NAMES IN YOUR FAMILY OR
YOUR FAVORITE SPORTS STAR!

**A JUMP UP + DOWN
10 TIMES**

**H HOP LIKE A FROG 8
TIMES**

O 15 STEPS FORWARDS

**U DANCE FOR 20
SECONDS**

**B SPIN IN A CIRCLE
5 TIMES**

**I LEFT FOOT BALANCE
10 SECONDS**

P 16 SIDEWAYS STEPS

V 25 ARM CIRCLES

**C HOP ON 1 FOOT 6
TIMES**

**J RIGHT FOOT BALANCE
10 SECONDS**

**Q CRAB WALK 30
SECONDS**

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

**D RUN AROUND THE
ROOM 2 TIMES**

K MARCH FOR 1 MINUTE

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

X DO 5 PUSHUPS

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

L LAUGH REALLY HARD

**S BEND AND TOUCH
TOES 12 TIMES**

Y TEN BUTT KICKS

**F ARMY CRAWL FOR
20 SECONDS**

**M WALK BACKWARDS
20 STEPS**

**T WALL SIT FOR 20
SECONDS**

Z SQUAT 7 TIMES

G 12 STAR JUMPS

N 14 HIGH KNEES



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**