



Class 3 Keeping Active Ideas

Complete the Joe Wicks workout found here:

[Joe Wicks](#)



Explore the [Change 4 Life](#) website where there are lots of different ways to keep active both in and outdoors.



[Go Noodle](#) have a range of videos that are fun and energetic. Some even use pop songs to get children moving.



The [Youth Sport Trust](#) has a variety of resources on their website; there are lots of games that you can play using everyday items from around the house.



[BBC Supermovers](#) have a jam-packed website with videos that link learning to getting children moving.



Get dance, there are a variety of resources online that you can use or maybe just play the music and freestyle.

[Just Dance](#)

[Zumba Kids](#)



Other Ideas:

Stamina – time how long you can run on the spot without having to stop. Do 30 star jumps without stopping.

Speed – How quickly can you complete 10 press-ups and 10 sit-ups? Can you run do 10 star jumps faster than an adult at home?

Coordination & Fluency – balance on one leg and move your arms like a windmill in opposite directions. Perform hop scotch. Landing on 1 foot – 2 feet, 1 foot - 2 feet - 1 foot - 2 feet.

Gross / Fine Motor Skills – get someone to throw a ball to you and hit it with a bat? Can you mark where the ball lands and beat this target?

Creativity – invent and play a new game that involves a ball and a scoring system.

Focus & Concentration – spell words whilst throwing and catching a ball between you and your family.

Kinaesthetic Awareness – Can you take 3 pictures of yourself, showing the tallest shape you can, the smallest shape you can and the widest shape you can?

Rhythm & Timing – Can you jump, jump clap - jump, jump clap at the same time as the music from Queen-[We Will Rock You](#) Can you now try it with no music?