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## Challenge: Rebound & Catch

### EQUIPMENT:

- Tennis ball or any sized ball that can be caught with 2 hands

### INSTRUCTIONS:

*See how many you can do in 1 minute then try and beat your score*

- Using an outdoor wall can you bounce the ball and catch with 2 hands
- Can you now bounce the ball and catch with 1 hand

### TIPS:

- Keep your eyes on the ball
- Push the ball towards the wall with an underarm throw
- Set yourself in a ready position with knees bent and 'W' shape with hands

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## Skill: Agility & Coordination

Please note if you do not have cones or tennis balls you can use masking tape for markers and rolled up socks for balls.

### Aim:

Starting at the white cone (marker), complete the run as quickly as possible, transferring the ball (rolled up socks) across to the corresponding coloured cone (Marker) 1 by 1 before sprinting back.

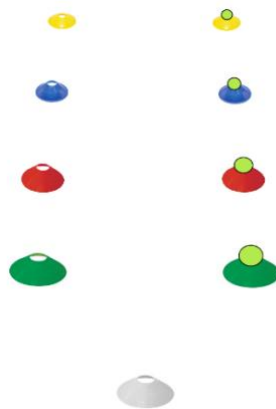
### Skill:

Agility: Moving quickly in different directions

Coordination: Pick up with one hand and transfer to the other hand before placing the ball (rolled up socks) down.

### Set-up:

Four pairs of different coloured cones (markers) are set up at 2 metre intervals, each 3 metres wide.



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## Outdoors: Scavenger Hunt

When going out for your daily exercise why not challenge yourself to capture the following with either a camera or phone:

No.	How many of the following can you find?	Tick to keep track
1.	Car	
2.	Cloud	
3.	Leaf	
4.	Squirrel	
5.	Insect	
6.	Bench	
7.	Flower	
8.	Bird in the sky	
9.	Chimney	
10.	Nest	
11.	Stick	
12.	Grass	
13.	Feather	
14.	Road Sign	
15.	Dog	

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## Movement: Fundamental skills

### Funetics activity videos

England Athletics and funetics have fast forwarded the launch of our new funetics activity videos, originally planned for launch this Autumn as part of our public launch of our new funetics programme. The videos demonstrate parents and children (aged 4-11) taking part in FUN activities based on fundamental core movement skills: running, jumping and throwing.

Funetics is a programme that has been designed to reflect the requirements of the National Curriculum Key Stage 1 and 2. At this time when our children are currently schooling at home, we hope that these video activities will support the need for education to continue at home.

To view the videos click the following link:

[https://funetics.co.uk/for-parents/funetics-activity-videos/?utm\\_source=emailmarketing&utm\\_medium=email&utm\\_campaign=fathletics\\_and\\_running\\_for\\_everyone\\_home\\_edition\\_2&utm\\_content=2020-04-03](https://funetics.co.uk/for-parents/funetics-activity-videos/?utm_source=emailmarketing&utm_medium=email&utm_campaign=fathletics_and_running_for_everyone_home_edition_2&utm_content=2020-04-03)

Some of the activities you can expect to see:

- Ball Relay
- Bean Bag Balance
- Head Shoulders Knees and Toes
- Speed Bounce
- Standing Triple Jump
- Target Jump

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## Game: Wordsearch

Can you find the all the different sports in the wordsearch?

**sport**

D	B	A	G	N	E	L	A	M	C	I	B	L	A
A	H	I	S	C	I	T	S	A	N	M	Y	G	E
N	O	U	A	A	I	A	T	B	F	L	O	G	B
C	C	N	R	A	T	H	L	E	T	I	C	S	A
E	K	L	U	O	E	E	N	G	Y	Y	L	A	S
L	E	B	G	S	S	E	O	N	G	K	B	M	K
N	Y	E	B	U	T	T	E	I	T	Y	H	H	E
W	L	M	Y	B	T	N	I	M	C	L	A	M	T
L	Y	S	A	N	K	A	G	M	B	B	N	S	B
F	D	L	S	T	T	T	K	I	D	S	D	N	A
H	L	S	I	N	N	E	T	W	S	A	B	I	L
A	T	K	W	H	H	F	C	S	K	I	A	L	L
C	T	G	N	E	B	I	D	L	R	B	L	I	A
F	O	O	T	B	A	L	L	B	S	A	L	A	A

SWIMMING  
FOOTBALL  
TENNIS  
HANDBALL  
BASKETBALL  
GYMNASTICS  
RUGBY  
NETBALL  
HOCKEY  
ATHLETICS  
DANCE  
GOLF

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