



Healthy | Active | Physical | Positive | You

Challenge: Tuck Jumps

How many tuck jumps can you complete in 60 seconds?

To complete a tuck jump, jump up as high as you can whilst bending your knees into your tummy and lifting your heels high.

Skill: Overarm throwing

Overarm throwing is an important part of many fun activities and sports such as Cricket, Rounders, Dodgeball, Javelin and even Football (for throw-ins and goalkeeping).

Here are some tips to think about when you are completing a basic overarm throw:

1. Stand straight while facing the target holding the ball in your dominant hand.
2. If you are throwing with your right hand, turn sideways to the target so your left arm/foot are in front and right arm/foot is behind. If you are throwing left handed, stand the other way around.
3. Place your feet about shoulder-width apart
4. Lift your left arm so it is pointing at the target you want to hit. While doing so, shift your weight by leaning slightly onto your back foot.
5. Lift your throwing hand so the ball is near your right ear.
6. Finally, in a single motion, shift your weight forward, drop the pointing arm, twist your body and bring your throw arm forward to release the ball.

Set up three targets different distances away. Depending on space and level of ability use a rolled up sock, small soft ball or nerf to practice your overhand throwing, see if you can reach all three targets.

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Outdoors: Travelling

Whilst out on a walk, how many different ways can you travel with your body other than walking, i.e. skipping, hopping, jumping, jogging, side stepping? Use different landmarks i.e. lampposts or trees to set yourself targets to reach whilst completing each different way of travelling.

Movement: Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Game: Pictionary

Pictionary is a fun game where one player has to draw a picture to represent a word, and the other player has to guess the word correctly from the drawing.

How to play: Write down different words i.e. boat on pieces of paper and drop them in a bowl. Ask your child to pick out a word and draw it on some paper or whiteboard, without telling you what it is. Alternatively, you can draw and they can guess. See how many you can complete in 5 minutes.

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