|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Squat for 30 seconds.**  **Repeat x 3** | **Play Tag/Catch** | **Dance to your Favourite song with your whole Family** | **20 Bum kicks**  **Repeat x 1** | **Do 10 mins of Housework-**  **Sweep floor/Hoover/tidy up toys…** |
| **Play football with someone** | **High Knees for 30 seconds**  **Repeat x 3** | **Plank for 30 seconds**  **Break**  **Repeat x 1** | **10 Burpees**  **Break**  **Repeat** | **Dance- Shoe The Donkey with your Family** |
| **Go for a walk with someone** | **Jog on the spot for 30 seconds.**  **Repeat x 3** | **Cycle your bike** | **10 Get ups (no hands!)** | **Go for a Scoot!** |
| **Do a brain break dance** | **Go for a gentle jog** | **15 Jumping Jacks**  **Repeat x 2** | **Create your own Obstacle course- Use your imagination! Have Fun!** | **Your Choices**  **\***  **\***  **\***  **\*** |

Active Week Homework 2021

**Choose 1-3 activities each night during Active week. Colour as you go. Have lots of fun! Send a photo or 2 to your teacher on seesaw or to your teachers email, a the end of the week, only if you wish.**

**A Healthy Body = A Healthy Mind**

**Monday Tuesday Wednesday Thursday Friday**