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| 1 Have a go at a Joe Wicks Workout – live on his YouTube Channel at 9am. | 2 Neil’s Challenge1:  Speed Jumps – using a cone/brush/toy, keeping your feet together, how many times can you jump over the item in 1 minute? | 3 Set up an obstacle course for your family in the garden, or indoors. Have races and time each other. | 4 How many keepy ups can you do with a ball, toilet roll or anything else you can find? | 5 Make up a dance routine for your favourite song. | 6 Set up a target throw challenge using beanbags, teddies or balls and buckets or boxes. You can give each targets numbers and turn it into a game |
| 7 Hot Lava! Set up cushions or markers on the floor and try to hop from one to the other as THE FLOOR IS LAVA! | 8 Neil’s Challenge2:  Toe Taps – using a ball at your feet, how many toe taps can you do in 1 minute? | 9 Have a go at one of the ‘Cosmic Kids Yoga’ sessions on their YouTube Channel. The Minecraft one is our favourite! | 10 Create your own Joe Wicks-style workout for your family to join in with. | 11 Set up your own egg and spoon race in the garden (you could use balls instead of eggs). | 12 The Greatest Show – practise your circus skills to put on the Greatest Show – balancing, juggling, peddling. |
| 13 Go for a bike ride around your garden. You could even set up a racing course with obstacles and jumps. | 14 Neil’s Challenge3:  How many times can you throw a ball/beanbag/ teddy up and clap before catching it, in 1 minute? | 15 Dance Party!  Put on some music and bust out your best dance moves! | 16 How long can you run on the spot for without having to stop? Time yourself and your family. | 17 Plank challenge! Take photos of yourself ‘planking’ in 3 funny places. Email them in so we can share the fun! | 18 Set up a relay race in the garden – you do a running, hopping, skipping or even a three-legged race! |
| 19 Balance Beam. Stick a piece of masking/ parcel tape to the floor. Can you walk along it without falling off? | 20Neil’s Challenge4:  How many star jumps can you complete in 1 minute? | 21 Have a game of musical statues, showing off your dance moves when the music is on! | 22 Time for another Joe Wicks live workout session! | 23 Snowball fight!  Ball up some white socks (or any colour) and throw them at one another! Don’t get hit or you’ll turn into a snow statue! | 24 Set up an outdoor, or indoor, bowling alley using empty plastic bottles and a ball. |
| 25 Follow the leader! Copy whatever the leader does – they could do star jumps, hops, climb under and over things etc. | 26 Neil’s Challenge5:  How many burpees can you do in 1 minute? Challenge your parents to have a go too! | 27 Have a go at one of the ‘Just Dance’ videos on their YouTube Channel. | 28 Practise your footballing skills with a goal challenge – how many can you score? | 29 Practise your throwing and catching skills with a partner. How many times can you throw and catch a ball without dropping it? | 30 Set up your own mini Sports Day for your family – you could have silly races, an obstacle event and more! Email in your photos! |