**Active Home Week 2020**

Active Home Week takes place from **Monday 27th April – Sunday 3rd May 2020**

Every day: Choose 4 **activities** from the list below or use your own ideas, and **colour the box** when complete

Add your own activities too!

|  |  |  |  |
| --- | --- | --- | --- |
| Cycle a bike | Go for a walk | Dance to your favourite song | Throw a Frisbee with someone from your house |
| Kick a ball with someone at home | Skip for 5 minutes | Go on the trampoline | Go on your scooter |
| Create your own obstacle course | Throw a ball with someone at home | 15 High Knees | Run for 5 minutes |
| Squat for 20 seconds | Run on the spot for 30 seconds | Hop on right foot 10 times (swap) | Hold a plank for 20-30 seconds |
| Do a Go Noodle or Tik Tok dance | Play balloon tennis/volleyball for 10 minutes | Play ‘Simon Says’ using exercises | 10 minutes of Active Housework |
|  |  |  |  |
|  |  |  |  |

Monday 27th April: colour Red

Tuesday 28th April : colour Yellow

Wednesday 29th : colour Blue

Thursday 30th : colour Green

Friday 1st May : colour purple

Saturday 2nd May : colour orange

Sunday 3rd May: colour pink

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Class teacher:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_