

Daily mile at home

Weekly challenges

Children to take part in, set themselves and friends challenges.

- Catching one handed using a wall, you must do a complete circle and catch.
- Throw the ball into the air, you must sit down and stand before catching the ball.
- Can you throw and catch 2 balls alternately, maybe try 3.
- Can you think of any more throwing or catching challenges?
- Kick up challenge. Nominate a friend to beat your score.
- Can you skip on the spot for 1 minute on 1 leg?

We can post our goals and nominate challenges on the school site. Why not challenge a teacher?

Daily Activities

How many can you do in a minute?

Follow Activity sheet daily for 1 minute. You get 2 tries at each activity.

These can be done along with the daily mile at home.