

PE in the garden

Have a go at some of these activities in your garden.

Build a hopscotch

Like the children in WWII (thank you Charlie for your research yesterday), create a hopscotch using chalk on a path in your garden. Don't have chalk, what about sheet of paper, stuck to the ground with sticky tape.



Then hop and jump along the hopscotch.

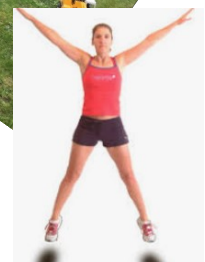
Add a ball/small stone/bean bag/pair of socks. Throw your item onto the hopscotch and say what you need to make 10 (e.g. lands on 4 so I need 6 to make 10) Go and retrieve your item and start again.

Design an obstacle course.

Use different items from around your home/garden to build an obstacle course or like this week's competition use a range of activities to build a challenge.



For example, 10 star jumps, running on the spot for 1 minute, 10 press ups, running on the spot for 1 minute, 10 burpees.....



Challenge your family to see who is the fastest to complete the challenge. Share your course/victories on the post.

You all know how dangerous obstacle courses can be though so please do take care. No damaged ankles like me in lockdown.

If the rain comes, have a go at another workout by Joe Wicks or a Go Noodle.