Challenge Yourself!

\*\*\*\*KS1\*\*\*\*

WEEK 6

Can you…...

1. Can create 10 different ways to balance around the house? Can you take photos of them?
2. Have a look at the Sporting Start Workout Videos on YouTube.. Your Parents can use the link below: <https://www.youtube.com/channel/UCgKjH7HO7MGly1DW56614Aw>
3. Go on a nature walk can you identify:
   1. 5 different trees
   2. Blossom
   3. 5 different flowers
   4. 5 different birds
4. Can you go on a bike ride with someone in your family?
5. Have a go at the following:

* Hopping
* Skipping
* Jumping
* Leaping
* Create your own hopscotch in the garden

1. Can you bounce a ball like a basketball? Can you dribble the ball? Can you do a figure of 8 around your legs with the ball?