Challenge Yourself!

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

WEEK 7

Can you…...

1. Can you create a routine with 1 balance, 1 jump, 1 roll and 1 type of travel in your garden?
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. Create a shelter in your garden to shade from the sunshine!
4. Can you go on a bike ride with someone in your family?
5. Have a go at the following cricket skills:

* Underarm Throw
* Overarm Throw
* Overarm bowling
* Catching
* Catching when running

1. Can you measure how far you can do the following;
   1. Throw a ball
   2. Standing long jump (no run up)
   3. Triple jump (hop, skip, jump)
   4. Hop