



Let's get physical!

Sport and exercise has been very important for Rydal this year, try some of these fun activities at home with your family.

#1 Follow the leader

Take it in turns to lead a line or circle of your family. Try adding in more energetic movements such as jumping, stomping, and squatting.



#2

Touch your toes

Stretch up to the sky on the tips of your toes and then bend down to touch the ground. Repeat 10 times!



#3 Dance freeze

In this activity, everyone dances as the music plays. When the music stops, each person must freeze immediately and hold that position until the music begins again. If someone moves, they are out!

Twist - If a player does not freeze immediately, s/he must complete 10 frog jumps if they want to rejoin the game.



#4 Balloon ball

There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!

