



Pass the Beanbag

Listen to the music and pass the beanbag (or whatever item you would like to pass), following the instructions. Can you get everyone in your house to play?

Bubble Games

Can you blow the bubbles yourself? Can you pop the bubbles by clapping or using one pointy finger? Try keeping your feet where they are and just moving your arms to target them.



Flexibility

Pupils in Derwent love moving like different animals. Take it in turns to choose movements of different animals. Use the video to help if you are stuck for inspiration.

Target Practise

Make a target inside or out. You could use buckets, cushions, tubs - whatever you have. Try to throw into or at them. You could make up a scoring system and see who scores the highest. Try doing the same, but this time kicking towards your targets.



Throwing and Catching



Start with a large ball and throw and catch with two hands from a short distance. When you have this, move further apart. Got it? Use a smaller ball. Throw and catch with one hand only. Change hands.