




PE AT HOME (Do 3 each day) Week 1

Bounce a ball with 2 hands (1 min)	<p>Do 10 sit ups</p> 	Throw a ball 10 times at a target	<p>Dance to a song</p> 
Talk to an adult for 3 mins	Play with your brother/sister	Bounce a ball with 1 hand (1 min)	Jump over something 5 times
Run around for 30 seconds	Jump as high as you can 3 times	<p>Balance on one foot for 30 seconds</p> 	Roll across the floor 3 times
Floss for 30 seconds	<p>Jump as far forward as you can 3 times</p> 	Run on the spot for 30 seconds	<p>Do 10 lunges (each leg)</p> 