

PE AT HOME (Do 3 each day) Week 1

Bounce a ball 10 times	Jump on the spot 10 times	Throw a ball at a target 10 times	Run on the spot for 30 seconds
Play with a pet for 10 mins	Sweep the floor	Throw a ball with someone for 5 mins	Make your bed
Dance to your favourite song	Do 10 squats	Make your own dance move	Do 5 push ups
Do 10 Jumping Jacks	Hop on one leg for 30 seconds	Touch your toes	Make a silly face