





# PE AT HOME (Do 3 each day) week 2

Bounce a ball with 2 hands (1 min)	Crawl across the floor 3 times 	Throw a ball 10 times at a target	Walk backwards around your house
Jump up and down (30 seconds)	Hop on 1 leg (30 seconds)	Bounce a ball with 1 hand (1 min)	Jump over something 5 times
Run around for 30 seconds 	Dance with someone	Do a Yoga pose	Do a cartwheel 
Do a forward roll	Walk and bounce a ball 	Sit down and stand up 10 times	Make a silly dance move